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Xylitol-What is it and why is it so good for you

Xylitol is a sweetener that occurs naturally. It can be found in berries, fruit, vegetables and mushrooms. The easies way for people now in to get Xylitol is in chewing gum. Research as shown that the use of Xylitol can decrease tooth decay. Lets start on how the decay process starts. Saliva has all the components to control decay but only if sugar intake is kept at a minimum. However, most peoples sugar intake is more frequent than the mouths on defense mechanism can handle on its own. Modern science tells us that decay (caries) is the result of a combined effect of microorganisms and sugar. Certain bacteria absorb onto the surface of the tooth. Sugar gives bacteria energy, allowing them to multiply and start producing acids by a metabolic process. The results is an "Acid Attack". When the pH of the bacteria (plaque) falls below 5.5, calcium starts dissolving from the surface of the tooth (enamel) this is how the decay process starts. After eating sugar, it takes over 30 minutes for the pH of plaque to get back to normal levels of around 7. If sugar is eaten several times a day, the enamel becomes more porous and more susceptible to decay. With the intake of Xylitol, the "Acid Attack" is stopped because the bacteria in the mouth is unable to ferment Xylitol in their metabolism, so their growth is reduced. The acid producing bacteria falls as much as 90%. No acid forms because the pH of the saliva does not fall. Chewing gum with Xylitol 3-4 times a day can be a definite helper in the fight against dental decay. If you are unable to chew gum due to TMD (tempromandibular joint dysfunction) we hope that other easy options will soon be available. Xylitol is very beneficial to humans but is very deadly to mans best friend. Very small amounts can be very deadly to Fido... so beware!

- For those of you that must have your coffee every day, be very aware of what you put in it. As discussed above, sugar can be very devastating to your teeth. For those that love your flavored creamers, beware of the sugar that is inside. There is as much as plain sugar. Also be cautious of the specialty coffees from Starbucks. Full of SUGAR. We sip on coffee, so when sugar is used, the ph in our mouth drops starting the decay process. We are not saying get rid of your coffee. We are asking you to try an alternative sweetener like Splinda.

New letters behind his name – MICOI

A great big Congratulations goes out to Dr Boulter for receiving his Mastership in the International Congress of Implantologists (ICOI) in New Orleans on April 23rd. While there, Dr Boutler also presented a short lecture on a few of his current implant cases along side twenty-five other International dentists. Dr Boulter was awarded 2nd place.