



Newsletter Articles

Nothing your dentist can do is as good as your original teeth.



This article explains why it is better to prevent dental problems than to fix them.

Main ideas

- Dentists can do amazing repairs. But once a tooth is fixed, it will need more repairs later.
- Nothing is as good as your own natural teeth.
- In Australia, more than 8 in 10 teeth of people over 75 are decayed, missing or filled.
- Pulling all the teeth out for dentures or implants is not an easy fix. These can wear out and fail too.
- Dental disease is common, but it is not normal.
- A damaged tooth is a sign to look at your diet, cleaning and health. Ask: what has changed?

Harmful habits

- Soft drink and sugar.
- Acidic food and drinks.
- Not cleaning well enough.
- Dry mouth.
- Poor general health.
- Not changing your habits as your needs change.

Helpful habits

- Low sugar and low acid diet.
- Brushing and flossing well.
- Managing dry mouth.
- Looking after your general health.
- Using the right dental products the right way.
- Changing your habits as your needs change.

Good habits feel hard at first, but soon become easy. Even if you already have lots of fillings, prevention helps them last longer.