

# MouthMatters

Issue 2



## Welcome!

Whilst you are temporarily unable to access [Cotswold Dental Wellness](#) for routine treatment, Dr Claire Hudson and her team want to help you to keep your mouth as healthy as possible. We can all prevent tooth and gum diseases with good daily homecare. In this two part issue we will be focusing on the importance of a good daily healthcare routine.

All of us want a healthy mouth; eating, speaking, and looking good all help to give us a good quality of life and raise our self esteem. For our mouth to be healthy we need to prevent disease with daily measures including removal of bacterial plaque, and taking care with our diet by limiting sugars and acids in foods and drinks.

## What is plaque?

Many people ask 'what is plaque?', this week we will tell you all about plaque and why removing it is so important, then next weeks issue will focus on the basics of how to remove it every day. We have all been brushing our teeth since childhood, but it's a great idea to check our technique from time to time. Find out more in part two next week!

### In a nutshell

Two types of preventable disease occur in the mouth; gum disease (periodontal disease) and tooth decay (dental caries).

These result from the presence of **plaque biofilm** remaining on the teeth which then produces different reactions in the mouth.

**Periodontal Disease** - is the accumulation of unhealthy plaque bacteria remaining in close contact with the gum, initiating an inflammatory response which can in turn cause disease. Gums can recede and teeth can be lost.

**Dental Caries** - occurs when certain types of bacteria in plaque combine with sugar from food and drinks in the diet. These bacteria feed on sugar, creating an acid which can then dissolve important minerals from the tooth to create a cavity.

Every day we must remove as much plaque biofilm as possible from the teeth and the gum margin in order to prevent disease, by thorough toothbrushing and cleaning in between the teeth.

### Coming up in Part Two..

We take a closer look at toothbrushing and interdental cleaning, with video links and product recommendations!



### Fun fact about teeth

- Enamel on the top surface on your tooth is the hardest part of your entire body !

### Emergency service

Dr Claire Hudson will be able to offer a telephone emergency service during the Covid-19 crisis.

Please call the practice number 01608 642993 for advice  
<http://cotswolddentalwellness.net>

## HERE'S THE SCIENCE

Plaque is a naturally occurring *biofilm* which forms 24 hours a day in the mouth and collects on teeth, restorations and dental Implants, even soft tissues and dentures.

### But what is a biofilm?

A biofilm is an amazingly complex, microscopic structure where 'communities' of different microorganisms live and mature in a sticky 'glue' that provides protection for them. There are many types of biofilm that form in different natural environments. They have been found growing on minerals and even metals as well as underwater, underground and above the ground. There is one thing all biofilms have in common, they always occur in a wet or moist environment such as the rocks on the side of a stream or the mouth!

### How does plaque biofilm form on the teeth?

Plaque biofilm in the mouth begins as an ultra thin, protective layer of proteins from saliva, called pellicle. Gradually pellicle becomes colonised by naturally occurring bacteria and other organisms and creates a sticky biofilm. In the mouth, some of the bacteria in plaque biofilm are harmful and can cause disease of the teeth and gums , if it is not removed thoroughly every day.