

## **Chewing gum with Xylitol after a meal may help prevent tooth decay!**

Did you know that chewing sugarless gum after a meal may reduce the risk of tooth decay? It's true! Artificial sweeteners, such as xylitol and sorbitol, used in chewing gums decrease risk of tooth decay and increase tooth remineralization. How does this work? After eating a meal, plaque bacteria begin to break down sugars and carbohydrates and produce plaque acid as a byproduct. This acid changes the pH environment in the mouth, which results in the demineralization of tooth enamel and ultimately leads to tooth decay. Chewing gum with xylitol or sorbitol helps maintain a more neutral pH in the mouth after meals, and helps prevent decay. In addition to chewing sugarless gum after meals, seeing your dentist regularly for a cleaning and examination is the best way to ensure a healthy, beautiful smile!