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Oral Hygiene and Tooth Decay - to Fill or Not to Fill by [Concetta Brennan](#)

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In December, the New York Times released an article titled "A Closer Look at Teeth May Mean More Fillings for Dentists". This piece focused on micro-cavities and the various ways they are treated by dental care providers. It highlighted a young woman in college who had managed to completely avoid cavities her entire life by maintaining good oral hygiene practices. Tooth decay was never an issue, but at 22 she visited a dentist and discovered that she had a cavity - numerous cavities in fact. Somehow in just a 12 month period she went from no sign of tooth decay to having multiple cavities.

It's something that shocks a lot of younger people who feel they have excellent oral health, only to discover that through common brushing habits they experience tooth decay. One of the primary causes is over-aggressive brushing with a bristled tooth brush, which can wear away the enamel of the teeth and cause gum recession. Switching to a brushless toothbrush is one method of avoiding this, but there's also technology in place that helps with the discovery of micro cavities - cavities that cannot be seen with traditional dental X-ray or even the naked eye. The brushless toothbrush is a new method for preventing tooth decay, and these new technologies are an effective tool for early detection of decaying tooth enamel.

Early Detection is Key to Reducing Tooth Decay Even if you think you have great oral health and you have no issues with your teeth, it always pays to find out if there are developing issues. When technology like that which is referenced in the article in the NY Times is used for early detection, you can put in more effort to stop the tooth decay before it creates additional issues. With early detection, there are far more treatment options available that don't include fillings. With micro cavities and early stage tooth decay, it's possible to take preventative steps that include simple sealants over the teeth along with improved oral hygiene at home. The thin plastic sealants are a great way to protect teeth from common bacteria in the mouth, and allow your teeth time to heal. Ideally, the aim is to improve oral hygiene practices at home while using methods and supplements (including better dietary habits) to restore the natural minerals in the body (and thus the teeth). It's a smarter and healthier option than waiting until you have larger cavities, which leads to the news that each and every one of them needs to be cleaned out and filled.

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PeriClean is a specially designed brushless toothbrush for receding gums that is Dentist Designed and Recommended to give you the best oral hygiene the Safe and Effective Way! It is designed to stop the tooth decay caused by hard-bristle brushing and can help fight back against gum disease by gently cleaning and massaging the gum line. Learn more about the new [PeriClean brushless toothbrush](#) at <http://www.periclean.com/>

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