

Xylitol for Children's Teeth



**A PARENTS GUIDE:
CARING FOR YOUR
CHILD'S TEETH**

Dr. Ellie Phillips, DDS

Important Facts

- Parents and caregivers transmit cavity causing bacteria to children when they kiss their child, or taste food with the same spoon..
- The Centers for Disease Control states tooth decay is the most common chronic disease of childhood.
- Tooth decay is completely preventable.
- Dental cavities in children's teeth are a chronic infection that can turn into a bigger problem.
- Many young children cannot describe the pain that cavities cause and may instead act tired, fussy, restless and may not sleep well at night.
- Millions of school days are missed every year due to cavities.
- Cavity infection is transferred from baby teeth to permanent teeth.
- Be sure to disinfect your child's toothbrush every day. Harmful bacteria grow easily on moist bristles. Dip the toothbrush in Listerine. Don't forget to disinfect your brush as well.

Protect Your Child's Teeth Now!

Parents have a small window of opportunity when they can positively influence the future of their children's teeth forever. Parents have the power to give their child a lifetime of cavity-free teeth, but the most important moment is when the child is around five years old.

Children with perfect teeth at 12-14 years old (or when all permanent teeth have erupted) are likely to have perfect teeth for life. Let's work hard for few years to give them this gift, and remember xylitol is here to help!

Permanent Teeth



At Five years old, permanent molars start to come in. (No baby teeth are lost; the molars grow behind the line of baby teeth). These molars are important adult teeth and need to last a lifetime.

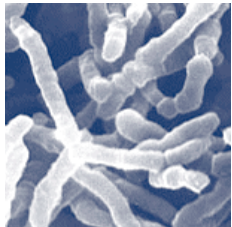
New teeth are soft and very easily damaged and may appear darker in color until they harden. It takes about a year for new teeth to harden up. Xylitol can help new teeth strengthen, harden faster and protect them as they develop.

Many molars are damaged and have cavities within a year of erupting. A filling at age five can cause lifelong problems with many repairs, possibly root canals and crowns.

Acidity promotes harmful cavity causing bacteria.

Dental disease is a bacterial disease caused by a special group of harmful “acid-loving” mouth bacteria. You may have believed that sugar caused cavities. These harmful cavity causing bacteria thrive on acidic conditions of the mouth.

Don't promote sipping of acidic drinks like gatorade, colas, lemonade, etc. Instead after eating or drinking encourage your child to chew xylitol gum or mints to return their mouth to a non acidic state.



Studies show that eating two teaspoons of Xylitol each day (6-10 grams) for 5 weeks will remove harmful germs from plaque on your teeth and in 6 months 95% of these germs will be removed from your whole mouth. Xylitol is FDA approved and diabetic friendly.

Encourage Tooth Safe Foods

There are many foods that are safe for teeth and healthy choices for snacking.

It is always a great idea to end a meal with a tooth safe choice. Among these are cheese, bananas, vegetables and milk. Basically any food that is not too acidic.



Xylitol prevents up to 70% of tooth decay!

Xylitol mints and gum protect teeth from acids, controlling cavity causing bacteria and helping to rebuild any damaged teeth.

Your children will love the sweet taste of Xylitol. You will love the fact that every time they eat Xylitol, their teeth are being protected.

- Let your child eat xylitol gum or mints after every meal, snack or drink.
- If your child has a dry mouth because of mouth breathing, medications, allergies or asthma encourage extra xylitol throughout the day or night.
- When children cannot or will not clean their teeth, xylitol is there for you. Xylitol will take away any mouth acidity and help you protect your child's teeth.
- Children with chronic ear infections frequently experience acid reflux which will damage teeth severely. Use xylitol often to reduce the problem of mouth acidity.



Pre-Teens

At age eleven the pre-molars on the sides of the mouth are coming in, and the 12 year molars and wisdom teeth begin to erupt. This is a critical time to protect children's teeth.



For the first time permanent teeth are lining up in the mouth and touching each other. Cavity causing bacteria can now more easily get caught between the teeth. Flossing won't help, kids don't floss, and flossing does not remove bacteria.

The best protection for your pre-teen is to encourage regular brushing with a fluoride toothpaste without whitening, mouthwash or tartar control. These extra chemicals are not necessary. After brushing and especially before bed have your child rinse with ACT fluoride rinse. Most importantly make sure your child eats xylitol after every drink, snack and meal. Studies show that xylitol and fluoride work together to strengthen your child's teeth.

What about Sealants?

Sealants put a protective coating of plastic in the deepest crevices of the molars to help protect them from getting food and bacteria stuck where the brush cannot reach. Sealants only last a couple years before they need to be reapplied and part of the procedure of applying the sealant is to roughen up the enamel surface with acid which can weaken the teeth as your child outgrows sealants. Regular use of xylitol has been found to eliminate the need to have sealants at all.

About Xylitol

Xylitol can help everyone strengthen and protect their teeth.

Hundreds of studies have confirmed the safety and health benefits of Xylitol.

Granular Xylitol looks and tastes like sugar (sucrose) but is healthy, diabetic friendly, and has 40% fewer calories. Xylitol is delicious.

Xylitol is found in fibers of fruits and vegetables. Xylitol was used in diabetic treatments over 100 years ago. Birch wood was the original source of Xylitol.

Xylitol has been used in Europe for baking, cooking and to sweeten coffee and tea since World War II.



Long-term studies show:

- Xylitol can prevent cavities.
- Xylitol reduces plaque and bacteria.
- Xylitol can heal early cavities.
- Xylitol can replace minerals in enamel.
- Xylitol helps increase saliva.
- Xylitol can prevent ear infections in children.
- The benefit for children is eating approximately one teaspoon (6.5 gm) of xylitol regularly while teeth are erupting.
- Choose 100% xylitol for maximum effect.

About Dr. Ellie Phillips

Dr. Ellie Phillips, is the mother of five children, four girls and one boy.

Dr. Ellie is a dentist specializing in preventive dental care. She has years of dental experience caring for geriatric patients, special needs children and adults and the developmentally disabled. Dr. Ellie was in private practice for many years, and particularly enjoyed working with the fearful and phobic.

Dr. Ellie is a member of the American Dental Association, the New York State Dental Association and the American Academy of Pediatric Dentists. She is a graduate of Eastman Dental Center, Rochester, NY with qualifications in pediatric and general dentistry. She is an honorary member of the Eastman Academy, University of London, England. Recently Dr. Ellie was the pediatric outpatient clinic director at the Eastman Dental Center and a faculty member at the University of Rochester.

Dr. Ellie has lectured to dental and medical professionals on ways to identify and prevent tooth decay for babies, children, and adolescents. For thirty-five years she has worked to show people how tooth decay and gum infections are preventable diseases.

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