

Re: Teeth decaying incredibly fast, any suggestions?

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- *From:* "Tulert" <[u22309@uwe](mailto:u22309@uwe)>
  - *Date:* Fri, 26 May 2006 22:05:01 GMT
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Thank you for your interest.

I brush daily. I know it is better to do it twice a day but somehow I can't figure how to do it more often.

I am a student, I do not eat a lot of snacks but I often eat something while reading books which makes it unclear if it's worth to brush when I'll be eating smth in 20min or so again. I do not eat in Burger King or places like that. Not sure what else could be helpful about my diet. It is not very diverse. I eat fish and steaks regularly and I like fresh fruits and berries.

I don't have a single tooth without a filling. A lot of them have more than 1. Not sure if I can put it on genes but both my parents have bad teeth but it seems I surpassed them.

Does the decay happen mostly because of sugar consumption or there could be other reasons like lack of minerals, etc?

What is Listerin supposed to do? Does it kill the bacteria that consume sugar and destroy teeth or it's purpose is different? Sorry for the ignorance.

Tony Bad wrote:

Tell us about your present diet and oral hygiene habits. That may help anyone offer you some suggestions.

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