

A guide to the science of chewing sugarfree gum

In addition to visiting the dentist regularly, brushing twice a day, flossing daily, and maintaining a balanced diet, chewing sugarfree gum can help protect teeth when patients are 'on-the-go'

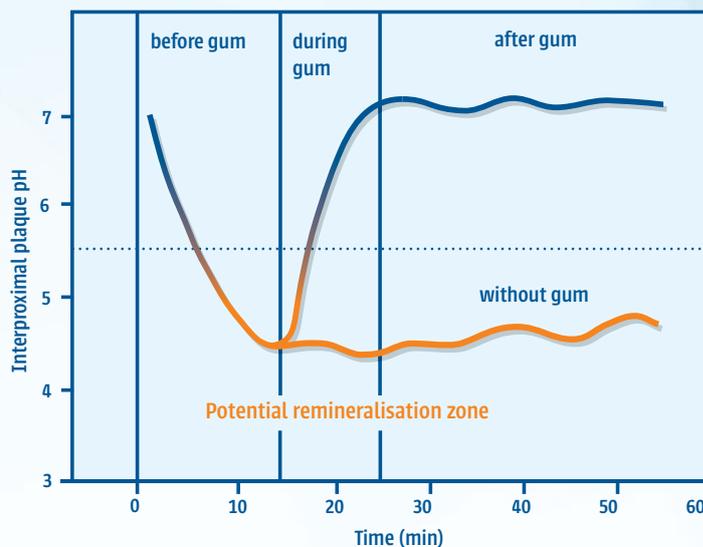
How can chewing gum help your patients maintain oral health?

As you know, immediately after eating, plaque acids can attack teeth and initiate the demineralisation of the tooth surface, which can weaken teeth and lead to decay over time.

Chewing sugarfree gum increases the production of saliva, which can help neutralise plaque acid, wash away food particles and remineralise tooth enamel to strengthen teeth. In fact, chewing sugarfree gum for 20 minutes after meals and snacks has been proven to help reduce tooth decay.¹

Research shows that chewing sugarfree gum can help protect teeth in a number of ways.

Multiple clinical trials have consistently demonstrated the effect of chewing sugarfree gum in helping to reduce the incidence of dental caries.^{2,3} The Australian Dental Association (ADA), New Zealand Dental Association (NZDA) and the FDI World Dental Federation recognise the scientific evidence supporting the benefits of chewing EXTRA® sugar free gum.



Other oral care benefits of chewing sugarfree gum include:

- ✓ **Stimulate saliva flow:** By stimulating saliva production, chewing sugarfree gum can be an important defence mechanism to help protect teeth.^{4,5}
- ✓ **Reduce plaque:** Chewing sugarfree gum has been associated with a reduction in the quantity and development of plaque on teeth, and a reduction in the acid-forming ability of plaque.^{6,7,8}
- ✓ **Neutralise acids:** Salivary stimulation by chewing sugarfree gum after snacks or meals containing fermentable carbohydrate has been demonstrated to reduce the acidogenic potential of foods significantly.^{9,10,11}
- ✓ **Remineralise enamel:** Stimulated saliva helps to restore minerals in tooth enamel, as levels of calcium and phosphate ions in the saliva increase due to stimulation caused by chewing gum.^{12,13,14,15,16}
- ✓ **Clean the mouth of food debris:** Chewing sugarfree gum increases the rate of food debris clearance from teeth compared with not chewing gum during the initial 15 minutes after eating.¹⁷
- ✓ **Relieve dry mouth discomfort:** Stimulation of salivary flow caused by chewing gum can relieve some of the discomfort of xerostomia. In fact, chewing sugarfree gum has been shown to be one of the most preferred treatments for xerostomia.^{18,19,20,21}

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