The truth about tooth decay

Worldwide, 100% of adults have dental cavities.

15–20% of middle-aged (35-44 years) adults have severe periodontal (gum) disease.

60–90% of school children have dental cavities.

30% of people aged 65-74 have no natural teeth.

Tooth decay affects nearly everyone...

But is especially prevalent in low-income areas and among people with high sugar consumption and low access to fluoride.

Tooth decay is a multifactorial disease, caused by the interaction between the:

- Tooth surface
- Bacteria that form a biofilm on the tooth (dental plaque)
- Sugars in food

Biofilm bacteria metabolize sugars to produce acids, which break down tooth enamel over time. In early stages, tooth decay can be reversed, but in later stages, a cavity forms. At this point, treatment is necessary to remove decay and repair the tooth. If left untreated, tooth decay can lead to extensive destruction of the tooth, pain, and infection. Serious infections can lead to abscess formation and septicaemia.

Organ Infections

- Oral bacteria are associated with infections of the brain, heart, and other organs.

Pneumonia

- Oral infections increase the risk of pneumonia.

Pregnancy Complications

- Periodontal disease is associated with preterm and low-birth-weight babies.

Diabetes

- Periodontal disease is associated with an increased risk of diabetes and diabetic complications.

Cancer

- Periodontal disease is linked to gastrointestinal and pancreatic cancer.

Heart Disease

- Periodontal disease is linked to cardiovascular disease.

Cost:

- From 2008-2012, oral diseases cost the European Union more than Alzheimer’s, stroke, cancer, and respiratory diseases.

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One 12-oz Coca-Cola per day...

...equals 67 cups of sugar per year

...which adds 51,791 extra calories, or 15 lbs of fat per year.

We already know that sugary drinks kill thousands across the globe each year...

...in part by contributing to diabetes and obesity.

Sugary Drinks Kill 24,000 Mexicans Each Year

Mexico and the U.S. Remain Top Soda Consumers

Consumption of Coca-Colas per capita per day

Mexico

11.3 oz

United States

5.2 oz

Top 10 Soda-Drinking Countries in 2014

Source: National Public Radio, NPR.org

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