

No better way to prevent tooth decay

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Video Byte

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Abstract

Braces can make teeth straighter and result in a healthier looking smile But can they prevent tooth decay? New research says no Many people think braces early in life can help avoid future tooth decay Because people think straighter teeth are easier to brush But a study at the University of Adelaide found no proof of this The team followed more than 400 teens for 17 years—over 1/3 of whom had received braces By age 30, there was no difference in the number of decayed teeth between those who had received braces and those who had not Greater numbers of decayed teeth were strongly linked to brushing less than twice a day While the study focused on one Australian city, the message does appear clear To avoid tooth decay, there's no better advice than brushing twice a day Dođramacı EJ and Brennan DS. "The influence of orthodontic treatment on dental caries: An Australian cohort study." *Community Dentistry and Oral Epidemiology* (2019). DOI: 10.1111/cdoe.12446