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## **Balancing pH levels in the mouth to help manage dental disease**

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**D**ental disease is the result of a destructive imbalance in the oral cavity causing pain and loss of function. It is primarily influenced by acidity levels in the mouth. Research has stated that pH of mouth and blood must be balanced, with good circulation down to the cellular level which helps cellular waste products be released from the body. Modern science is proving to us that the bacterial theory of disease is not accurate and that a healthy mouth is a result of healthy well-nourished cells throughout the body. Therefore, if there is a state of acidosis in the body it will affect the mouth and increase risk of both dental decay and gum disease. The following has been stated by research that confirms, tooth decay occurs with both high and low salivary calcium. The reason for that is that active tooth decay can be caused by the body excreting phosphorus or calcium or both into saliva. Thus, tooth decay is almost always associated with an acidic salivary pH. Whereas it has also been shown that active gum disease happens when there is excess calcium in the saliva. This occurs primarily due to calcium being chelated from the periodontium into the saliva in order for it to be utilized by other parts of the body. With severe gum disease, the salivary pH is acidic; this generally indicates deeper imbalances in the body. Although in the past dentistry focused on intervention and treatment post disease, we now see a shift towards a more holistic, preventative approach. As dental health professionals, we have now an obligation to keep up to date with the most current research and findings and be confident in delivering advice that is practical and covers nutrition and lifestyle changes to improve their oral and over all well-being. Hence, this talk will focus on how we can address the issue of acidity, what contributes to it in terms of diet and lifestyle and how it affects oral health in particular. In addition, this presentation will also cover how we can educate and empower our patients with tips, products, and tools to manage acidity and prevent onset of disease, therefore having better quality of life with healthy functioning mouths and bodies.

### **Biography**

Sara Jawadi is an oral health therapist from Auckland, New Zealand. Graduated in 2008 with a BHSc in Oral Health from Auckland University of Technology and qualified in dental hygiene and therapy scopes, she worked in Auckland school dental services, then moved to work in the private sector with a focus on prevention and minimally invasive health care. Through observations of patient's healthcare and personal health struggles, she started learning about dysfunctional breathing and eventually train as a Buteyko practitioner to help patients improve their breathing habits and therefore improve health issues related to that.

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