# Reason 2 Smile Dental Services Helps Dispel Myths About Dental Cavities

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Salt Lake City, UT-based Dr. Andrew M. Vernon of Reason 2 Smile Dental recently issued a public advisory that aims to dispel certain dental myths. Given the dentist?s immense experience in the field, his insight may prove invaluable for many in the local community and abroad.

One of the myths that Dr. Vernon wants to dispel is that chewing gum rots people?s teeth. In fact, according to the American Dental Association, chewing sugarless gum (even those that are not advertised as cavity-fighting) can actually help prevent cavity formation instead of causing teeth damage. This occurs because chewing gum after eating food helps get rid of food particles that are left behind in teeth (which can cause bacteria growth and cavity formation).

Sugarless gum can also help increase the production of saliva, which helps clear away food particles, reduces acid levels in the mouth and strengthens teeth. Sugarless chewing gum that uses the naturally occurring sweetener Xylitol has also been shown to be even more effective in helping prevent cavities. There are studies that show that Xylitol has the ability to reduce the amount of harmful bacteria in the mouth that causes cavities. There is also strong evidence that indicates that sugarless gum helps prevent tooth decay ?

and even strengthens the enamel in teeth in some cases.

Another myth that Dr. Vernon wants to dispel is that diet soda is healthier for people?s teeth compared to regular soda. Diet soda is actually only marginally better than regular soda, and in general, is definitely not good for oral health. There are slight differences between diet and regular soda but there is no significant difference in the damage that they deal to people?s teeth. It is true that there is no sugar in diet soda, but most diet sodas rely on high-fructose corn syrup to replace any lost sweetness. This allows bacteria to stick to people?s teeth and cause decay. Diet soda is also highly acidic. Drinks and foods that are highly acidic wear down enamel which serves as the teeth?s protective layer. When enamel is worn down, it becomes much easier for bacteria to grow and cause tooth decay.

Dr. Vernon originally founded Reason 2 Smile Dental, which provides dental services that aim to help clients achieve beautiful and room-brightening smiles. Reason 2 Smile Dental is located in Salt Lake City but it also welcomes patients from the neighboring communities of Mill Creek, Murray, Holladay, Zions Park, Woodside Heights, Winter Meadows, Arcadian Park and Smithfield. More information about Reason 2 Smile Dental and their work to promote proper dental care can be viewed at https://www.pressadvantage.com/story/39461-reason-2-smile-dental-office-how-coronavirus-lockdowns-can-impact-dental-health.

Besides giving useful information and dispelling myths, Dr. Vernon and his team at Reason 2 Smile Dental provide dental services that span general dentistry, family dental services, emergency dentist services, sedation dentistry and pain free dentist services. They also handle cosmetic dentistry, including veneers and teeth whitening. Thanks largely in part to their expertise and professional conduct, Reason 2 Smile Dental has received great reviews from their clients.

Ashley Brown says in a 5-Star Google review, ?I'm terrified of the dentist?fear of needles plus bad experiences at other dentists. I was dreading this appointment. The whole staff is so kind and patient, they didn't make me feel bad at all for tearing up. I'm used to needing the max anesthetic, but they got me numb quickly, and after that I didn't feel a thing. Strongly recommend them, especially for people who hate the dentist.?

Erika Kristensen also says, ?Dr. Vernon always takes excellent care of my teeth! He is an outstanding dentist who really takes the time to listen and care for his patients. On one occasion, I was suffering from severe headaches and did not know the cause. I had recently had a cavity filled and wondered if that had been the cause. Dr. Vernon took the time to look at my teeth to check into the possibility. Although I don't know if that was the cause, the headaches went away a few days later. Not only did he care for me while I was in his office, he followed up later to check if my headaches were better. His staff is friendly and professional. While I can't say that I ?look forward? to going to the dentist, they make it a pleasant experience.?

Those who wish to stay on top of their dental health may check out Dr. Vernon and Reason 2 Smile Dental by heading over to their Google page at the following link: https://g.page/Dr-Andrew-Vernon-Dental. Alternatively, patients may connect with the clinic via social media to stay up to date with their news and announcements.

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For more information about Reason to Smile Dental, contact the company here:Reason to Smile DentalDr. Andrew M. Vernon801-263-0417drandyvernon@gmail.com4110 S Highland Dr, #100 A, Salt Lake City, UT 84124

## Reason to Smile Dental

*Dentists near S. Highland Dr Salt Lake City are plentiful, yet there is a certain kind of smile that is borne only of confidence and satisfaction with your teeth. Dr. Vernon and his team are here to help you achieve that beautiful, room-brightening smile*

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