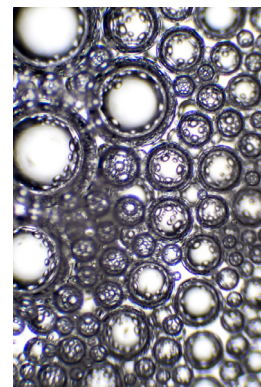


### The role of saliva in protecting your teeth

Saliva plays a number of important roles within the mouth. The process of chewing or the sense of smell and taste induces glands in the throat and mouth to secrete saliva. Saliva's main functions include.

- Lubricating the mouth and throat for speech and swallowing.
- Protecting the teeth, mouth, throat and body from infections.
- Maintaining the oral health balance of the mouth.
- Aiding in the body's digestion process.



### Why test saliva for oral health balance

Testing the saliva's pH levels can indicate how healthy your saliva is and how well it performs its multiple roles within the mouth. Saliva aids in the process of breaking down acids and cleaning away bacteria.

### Oral Health Imbalance

When there is an unhealthy balance, saliva is unable to keep up with the amount of acids and bacteria in the mouth. This is when the process of demineralisation occurs, teeth are no longer able to absorb minerals as bacteria grow and eat away at teeth and soft tissue. Bad breath, sensitivity, pain, cavities and gum disease will begin to occur.



### Oral Health Balance

When there is a healthy balance, saliva is in a position to fight off the acids and bacteria in the mouth. This allows for the process of remineralisation to occur. Teeth are able to absorb the minerals that repair damage and protect the teeth and mouth.










### Testing for healthy saliva

The following instructions are intended to be performed by Dr Bob Cvetkovic and are for information purposes only.

### Understanding your results.

It is integral to understand the results, Dr Bob Cvetkovic will discuss them with you. Be sure to ask any questions if there is anything you are at all confused about. Steps 1 - 3 represent lifestyle choices whilst steps 4 - 5 relate to salivary gland functionality.

-  RED Preventative measures are required to aid in buffering against acids.
-  YELLOW Warning sign that indicates saliva balance should be monitored.
-  GREEN Healthy Saliva.

### How to decrease acidic levels in your mouth and increase saliva flow to protect your teeth.

SOME SUGGESTIONS INCLUDE:

- Increase the amount of water you drink to ensure you stay hydrated.
- Chew sugar free gum more frequently.
- Consume less alcohol and bottled drinks.
- Reduce the amount of cigarettes or attempt to quit.
- Use interdental brushes and flossers more regularly.
- Be mindful and reduce the amount of food and drink consumed that contains processed sugars.
- Increase and hone oral hygiene techniques and frequency.

The next page contains a useful chart to compare acidic levels in everyday beverages.

### Acidity (pH) of Common Drinks

The lower the pH level is the stronger the acids are in the beverage.

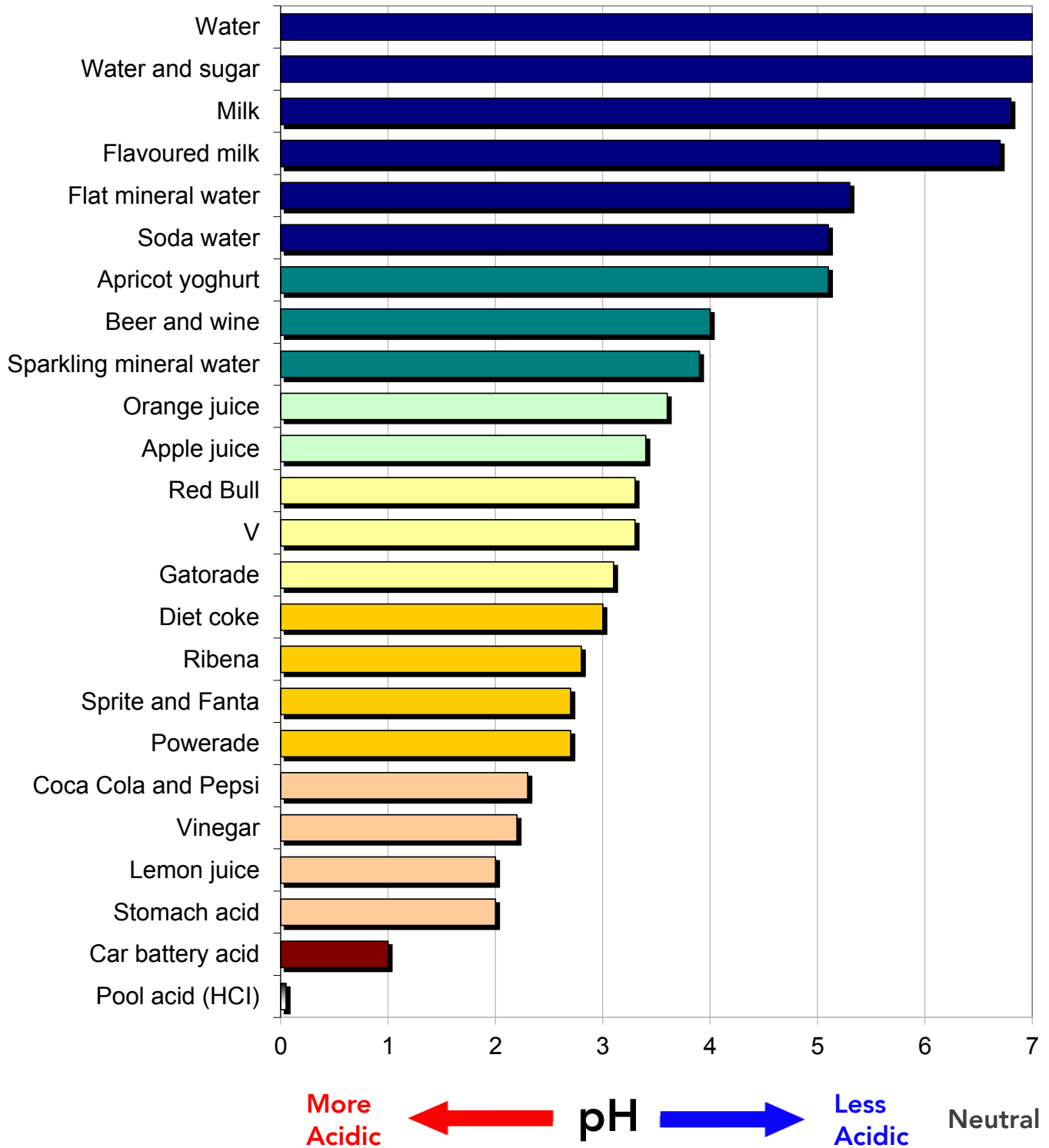


fig 1, GC Australasia.



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