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Denver Dentists Still Recommend Flossing Despite Associated Press Article

DENVER – August 3, 2016 – On August 2, 2016 the Associated Press released an article contradicting one of the most basic pillars of daily oral hygiene care. The AP article states that benefits of flossing are unproven. Despite these claims, the American Dental Association (ADA) and the Metro Denver Dental Society (MDDS) maintain that cleaning between your teeth once a day with an interdental cleaner (such as dental floss) along with brushing twice a day with fluoride toothpaste, eating a balanced diet and visiting your dentist regularly are all important aspects of preserving your oral health.

The CDC estimates nearly half of all adults (47%) age 30 and older have some form of periodontal, or [gum disease](#). By age 65 and older, approximately 70% of adults have periodontal disease. Cleaning between your teeth, where a toothbrush cannot reach, is proven to help remove plaque and the more than 500 bacterial species that live in it, which can lead to cavities and gum disease.

MDDS Treasurer and Denver area periodontist, Brian Gurinsky, DDS, MS, says, “I witness the effects of gum disease every day in my practice and impact it can have not only on a patient’s oral health but also on their overall well-being. I absolutely recommend flossing as part of a daily oral health routine to prevent periodontal disease.”

To learn more about flossing and different interdental cleaners visit Mouthhealthy.org or contact the Metro Denver Dental Society at (303) 488-9700.

Founded in 1897, the Metro Denver Dental Society (MDDS) is a professional association devoted to the advancement of the dental profession and oral health awareness. MDDS is a not-for-profit component of the American Dental Association and the Colorado Dental Association. For more information about MDDS, please visit mddsdentist.com or contact Cara Stan, MDDS Director of Marketing & Communications, at (303) 488-9700 ext. 3270 or marcom@mddsdentist.com.

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