

Cold, Flu, Sinusitis and Toothbrush Etiquette



It seems everyone in your home or your office is sneezing up a storm or hacking away with a deep chest cough. You know that with each cough, germs are being spewed into the air. Pretty soon you start coughing and sneezing too and just when you think it can't get any worse, you get a toothache.

The pain usually comes from your upper back teeth and you wonder if you've developed a cavity. You probably haven't, as the tips of the roots of your top teeth sit very close to and sometimes in your sinus cavity, which gets blocked and inflamed when you have a cold. Now before you sigh with relief about not seeing us, don't, you should come in and see us just to double check especially if you have had work done in that area, we love saying G'day and we would rather you check with us then let a cavity get deeper causing all sorts of other issues (think root canal therapy).

Now that you are sick you will notice on the toothbrush packet it is suggested you change it every time you have a cold, it is possible to catch a cold, a bacterial infection, or even a blood-borne disease such as Hepatitis B or C from someone else's toothbrush (ewww sharing a toothbrush!).

You don't even have to put it in your mouth as when two toothbrushes are stored in the same cup, their bristles can sometimes come into contact. A 'dirty' toothbrush might also pass bacteria or virus particles to the rim of a toothpaste tube, and then on to another toothbrush from there.

Another questionable practice: storing your toothbrush so close to the toilet that spray from the flush can reach its bristles. As in an episode of Mythbusters pointed out, the presence of some faecal coliforms on your toothbrush won't necessarily make you sick, but the spray from toilet water has been known to be responsible for outbreaks of gastrointestinal illness.



• **PORT MACQUARIE**
133-137 Gordon St
Phone **6583 3533**

• **WAUCHOPE**
51 Hastings St
Phone **6585 2015**

WWW.SUNDIALDENTAL.COM.AU