



August 9, 2016 – Grand Rapids, MI

To Floss or Not to Floss

There are several health truths that I hold dear. Everyone needs to exercise. We all need to eat more vegetables. We should floss our teeth every day.

Not everyone agrees. There have been books and articles written about why exercise doesn't prevent heart disease nor help you lose weight. Some diets want you to avoid certain types of plant materials. But I thought flossing was safe from controversy.

Until now.

Writers from the Associated Press Investigative team decided to question the recommendation for flossing from the Department of Health and Human Services and the USDA Guidelines. Using the Freedom of Information Act, they requested the science used to make that recommendation, because the guidelines must be based on research to be included in the government recommendations. I'm not sure what prompted the desire to find this out; maybe it was a slow news day or maybe they hate to floss.

Their investigation concluded that after their review of the science, there's no basis for the recommendation to floss your teeth daily to prevent gum disease and cavities. If you haven't heard the headlines that followed, you really don't pay attention to any form of news. My dentist had; he sent out a special newsletter with a video telling us all to keep flossing.

Were the AP Investigative writers correct? We'll take a look the rest of this week.

What are you prepared to do today?

Dr. Chet



WGUV FM 88.5/95.3 **npr** **Straight Talk on Health**

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* Sunday at 7:30 a.m. and 6 p.m. in the Eastern Time Zone on WGUV-FM 88.5 or 95.3, or listen live via the Internet by going to www.wgvu.org/wgvunews and clicking on "Listen Live" at the top.

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

Subscribe to the Message from Dr. Chet at DrChet.com — © Chet Zelasko PhD LLC