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The Science of Flossing

After reading the AP article on flossing, I did what I normally do: I checked the research (1). I specifically looked for research on flossing and periodontal disease, but there wasn't much. Then I checked the research that the AP investigative journalist used; again the research wasn't overwhelming and most studies weren't really positive. If you check out the AP article, the references are listed at the bottom.

The AP article interviewed several experts in the field; most agreed that research as we know it today hasn't been done to support the use of flossing for dental health. Yet they recommend that people continue to floss.



After the article, the USDA caved: in the latest Dietary Guidelines, flossing has been removed.

In spite of over 100 years of recommendations that people should floss, the science really isn't overpowering in support of flossing. Is there no science to support flossing? Can you quit feeling guilty about not doing it? We'll get to the bottom line on Saturday.

What are you prepared to do today?

Dr. Chet

Reference: <http://apne.ws/2b8Nni1>

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