

Interview with Researchers

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Q1

I heard that when your oral environment is acidic, you are prone to cavities. Is it true?

A1

Cavities are produced when oral bacteria break down food particles and generate tooth-decaying acid. Drinks that freshen up your mouth and throat and provide you with a refreshing feeling always include acids, such as carbonic and citric acids. Acids are neutralized by saliva over time; however, it is not recommended to fall asleep or leave the mouth unwashed after having these drinks.

Q2

Are there any good methods to promptly neutralize the oral environment?

A2

Alkaline substances are well known for their acid-neutralizing action. Alkali ion water is the only alkali water approved for human consumption. It's been reported that rinsing one's mouth with alkali water brings back acidity in one's mouth more quickly than with neutral water.

Q3

Can decayed teeth be repaired if the oral environment turns alkaline?

A3

Studies are currently underway to determine whether alkaline substances can help repair tooth decay. Although it depends on the balance between the concentration of tooth-forming substances and the pH value in saliva, I believe that there might be a possibility.

Q4

Does alkali ion water have an effect on mutans streptococci (cavity-causing bacteria)? Will they decrease in number if I keep drinking it?

A4

It's been reported that a dog's oral environment is alkaline and has no cavity-causing bacteria, thus dogs are less susceptible to cavities. If humans can keep their oral environment alkaline, then there might be fewer cavities.