

500 W Southlake Blvd. • Suite 130 • Southlake, TX 76092

(817) 803-581


[Home](#) [About Us](#) [Services](#) [FAQs](#) [Smile Gallery](#) [Patients](#) [Contact](#)
[Meet Dr. Thomas](#)
[Request an Appointment](#)


The Role of Iodine in Dental Health

April 15, 2016



Iodine has widely been used in the medical field due to its antiseptic properties, but now the use of iodine in dentistry is becoming increasingly prevalent. In fact, it's now said that iodine can be more beneficial than fluoride when it comes to preventing tooth decay and gum disease. At Enclave Dental, we take dental health seriously, which is why we want to raise awareness about the benefits of iodine when visiting a dentist in Southlake.

Iodine and Oral Health

While the use of iodine in dental health has been used for more than 150 years, it has just now become more popular due to the increased knowledge of the role iodine deficiency plays in oral health. Iodine is a natural element that is needed in the body to maintain healthy thyroid function. Now, you may be wondering what your thyroid has to do with your oral health? The function of your thyroid can cause dental health complications. Iodine deficiency is directly linked to causing dental problems due to the endocrine dysfunction. This can lead to dry mouth, which is known to increase the risk for cavities and gum disease.

In addition, inadequate amounts of iodine can lead to mouth breathing, a large swollen tongue and even bite complications, such as small jaw and anterior bite. All of these factors are known to lead to sleep apnea, which will require treatment from a dentist.

Finally, low iodine levels are known to contribute to Dental Distress Syndrome. Dental Distress Syndrome doesn't just affect the mouth, but the entire body. Chronic symptoms develop as a result of dental dysfunction. The symptoms of the syndrome can include TMJ and poor oral health. However, symptoms can radiate to other areas of the body, such as the ears, eyes, neck, and skin.

We want to see your entire body remain as healthy as possible, which is why we discuss the importance of adequate iodine levels. We take time to educate you about methods you may need to take to protect your oral and overall health.

Iodine for Your Oral Health

Iodine is a naturally occurring element that can easily be achieved through a healthy and diverse diet. Since iodine derives from the ocean, seafood, seaweed and iodized salt contain plenty of iodine. In addition, vegetables grown in iron-rich soils can help with iodine intake. If you having difficulty increasing your iodine intake through diet, you may need iodine supplements. We can help you choose the best supplement to meet your needs.

Boost Your Dental Health with Your Dentist in Southlake

Enclave Dental strives to ensure you maintain dental health. We encourage you to learn more about iodine and the role it plays in maintaining oral health. As a dentist in Southlake, we take your family's oral health seriously, which is why we include holistic approaches in our treatments. If you're interested in learning more about the role of iodine and your oral health, please call our office at (817) 803-5854.

Comments (

No Comments

No comments yet.

[RSS feed for comments on this post.](#)

Sorry, the comment form is closed at this time.



Ask a Question

Name

Email (required)

Phone

Comments/Suggestions

Submit

Site Map

- Home
- About Us
- Services
- FAQs
- Smile Gallery
- Patients
- Contact Us

Services

- Family Dentistry
- Restorative
- Dentistry
- Dental Implants
- Soft Tissue Laser
- Frenectomy
- Orthodontics & Invisalign
- Invisalign
- Cosmetic Dentistry
- Sedation Dentistry
- Oxygen and Ozone Therapy

Contact Us

(817) 803-5854

Enclave Dental
500 W Southlake Blvd, Ste 130
Southlake, TX 76092

Office Hours

- Monday: 8 am - 3 pm
- Tuesday: 8 am - 3 pm
- Wednesday: 8 am - 3 pm
- Thursday: 8 am - 5 pm
- Friday: 8 am - 3 pm

