

You wouldn't think of sharing your toothbrush. Not even with a family member. But it takes more than sole proprietorship to avoid partnering infection. Studies show that toothbrushes can become heavily contaminated with oral bacteria. Because most families store toothbrushes in a common storage space, airborne bacteria can move from toothbrush to toothbrush, passing opportunistic infections such as periodontal (gum) disease and the common cold from one person to another. "The bathroom is usually the most contaminated room in the house," says Academy of General Dentistry spokesperson Howard S. Glazer, DDS, FAGD. "Protect yourself by protecting your toothbrush."

Academy of General Dentistry