

Disease Causing Bacteria Are All Around Us - Even On Our Toothbrushes

Millions of harmful germs and bacteria live on the surfaces we touch during the course of our everyday life-they are all around us. Germs can be easily transmitted between people. Millions of germs and bacteria await us at work and our kids at school. We can never keep these germs just to ourselves. They will eventually spread to every member of the family.

Bad germs can't be seen, smelled or tasted, but they are there, waiting to multiply in numbers large enough to trigger a major outbreak of illness. The bacteria that can cause these diseases can, and do, take up residence on the things we touch and use daily. These germs then come with us to our homes where we make them comfortable on, among other things, our toothbrushes!

Studies have shown that contaminated toothbrushes not only contain but also transmit both viruses and bacteria. There has been extensive medical support written on why bacterial contaminated toothbrushes may be associated with a wide range of common everyday illnesses to more serious health risks like heart disease, stroke, diabetes and premature births.

Most families store their toothbrushes in a huddle in the bathroom cabinet or on a countertop. By being stored unprotected on countertops or in toothbrush holders, toothbrushes are vulnerable to contamination from infectious, highly communicable organisms like viruses that cause the flu and colds and bacteria that cause oral infections like gingivitis plus airborne bacteria, such as from a flushing toilet. Scientist commonly find E. coli bacteria on toothbrushes which, if it enters the bloodstream, it can cause a serious infection or death.

Toothbrushes that are rinsed, shared or stored together in a cluster, are breeding grounds for infectious, highly communicable organisms. Less than 15% of the general population changes their toothbrushes after being sick and the majority of people don't even know that their toothbrush is contaminated with germs. Sanitizing with steam and dry heat has been shown to be the only way to kill 99.9999% of these germs. This is the method hospitals and doctors use to be sure their instruments are germ proof.

By ensuring that these harmful microbes are kept in check, we minimize the potential health hazards they pose to our family members and ourselves. With the school year well under way and the cold and flu season arriving, local and national experts are stressing health tips and common-sense caution to avoid the nasty little germs that keep people home from work and school.

Sanitizing your toothbrush is the one sure way to protect your health and the health of your family.

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