

# Dental Exercise In One Page

Why Does It Matter to Me?

*“Because the number one cause of heart damage in dogs is bacteria from the teeth.  
The vast majority of heart murmurs are preventable. It’s not even expensive.  
I never want to tell you that your dog has a heart murmur, and that the clock is ticking.”*

Dental exercise:	What They Are:
Scrapes Tartar Off	Beef Bones: Soup, Marrow and Knuckles
Toughens Gums	DentaStix & Greenies – Soft, And Go Down Way Too Fast to Do Much. ☹️
Increases Salivation	CET Chews – Enzyme Treated Rawhide Strips
Kills Toxic Germs *and also* Slime Bacteria That Build Tartar.	Oxyfresh – Water Additive from Amazon.com
Freshens Breath	Oravet Chews – Chewy Tooth Coating Treats
Oravet Will Coat the Teeth	

1. The easiest, **best** all-around dental exercise comes from CET enzymatic chews.
2. The **second** best dental exercise comes from beef bones (Knuckle, Soup, Marrow)

- All of this is based on personal and professional experience I have tried all of the below long enough to determine what the benefits are.

	Kills Germs	▲ Saliva Production	Dog Must Chew*	Freshens Breath	Toughens Gums	Scrapes Teeth	Coats Teeth
CET Chews	😊	😊	😊	😊			
Beef Bones		😊	😊		😊	😊	
OxyFresh	😊			😊			
DentaStix or Greenies			😊	😊			
Oravet Chews			😊	😊			😊

It is my great regret that there is nothing on the market that can scrape tartar but **also** provide antibacterial functions. I guess that’s where a surgical dental scaling with anesthesia comes in for dogs that simply won’t chew.

An important point of this she is to emphasize that **after a dental cleaning, you have a fresh chance to maintain excellent dental health by keeping slime bacteria at bay** and keeping the gum line strong and the teeth exercised.

Most small dogs will not chew beef bones. A Yorkie was heard to say: “Too much work”.

Some small dogs won’t chew on *anything* and after a dental scaling those dogs benefit from Oxyfresh because they cannot decline something used in their water.

After a dental, some dogs can be enticed to take Oravet Chews which basically provides a “plastic coating” for the teeth which (it stands to reason) only keep them as healthy as they are when you start Oravet chews.

- Some dogs just will NOT chew on things. Small breeds commonly don’t.