

Let's Talk About Teeth

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ACID DRINKS AND ENAMEL LOSS

Nationwide, dentists have noted an increase in dental erosion (tooth enamel loss), which has now been confirmed by a recent study. When researchers examined 900 middle-school students (aged 10 to 14), they found that nearly a third of them displayed eroded tooth enamel. When searching for possible causes, researchers had to look no farther than many of the popular soft drinks, sport drinks, some fruit drinks, and herbal teas that many of us consume. Some of these beverages have sufficient acid content to strip teeth of their enamel, causing brittleness and sensitivity. It is the dentist's job to make patients aware of this problem so they can make the adjustments necessary to prevent or stop it. Early recognition of dental erosion is important to prevent serious irreversible damage to the array of teeth. Our primary dental care team has the expertise and the responsibility to provide this care for our patients with erosion.

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