Dentistry by Choice!
by Grant F. Cylus, D.D.S.

ARE YOUR TEETH GETTING A SPORTING CHANCE?

Whether or not sports drinks are a healthier choice than soda, the citric acid they contain can prove detrimental to teeth. According to recent research, which involved submerging teeth in top-selling sports drinks for up to 90 minutes (comparable to drinking a sports drink throughout the day), teeth exposed to sports drinks had partially dissolved enamel layers. As a result, the bone-like layer beneath the enamel was exposed, causing teeth to soften and weaken. This effect, known as “erosive tooth wear,” can lead to excessive tooth damage and even tooth loss if not treated. Oddly, brushing teeth immediately after drinking a sports drink does not help because the softened teeth are more vulnerable to the abrasiveness of the toothpaste.

Patients who consume diets that are high in acid from sources like fruit, sodas (including diet sodas), orange juice and wine may be at risk for tooth wear. These foods and drinks demineralize and soften the surface of the teeth, making them more susceptible to physical damage. To help teeth remain healthy for the long-term, early detection of tooth wear is important. To schedule an oral exam and cleaning, please call (410) 284-1414. Our office is located at 3001 Sollers Point Road.

P.S. If you drink sports drinks on a regular basis, ask the dentist about using an acid-neutralizing, re-mineralizing toothpaste, which helps remineralize soft enamel.

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