



Dental Erosion

Dental erosion is the loss of tooth enamel and other tooth structure from frequent exposure to strong acids. The most common causes are:

- acidic drinks and foods
- some medicines
- stomach acid that regurgitates into the mouth.

The loss of enamel may be slight to virtually total. Such loss is irreversible. In severe cases, the teeth can crack and be dissolved down to the gum line.

When tooth enamel is increasingly eroded, and the dentine and pulp become exposed, then pain and sensitivity are common symptoms. If the erosion is not limited and the tooth is not treated, abscesses and loss of the tooth may occur.

Erosion is prevalent in people of all ages. Dentists report that dental erosion has become more frequent, particularly amongst children, teenagers and young adults.

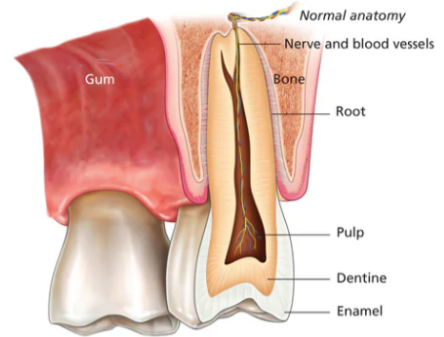
Dental erosion is not the same as tooth decay, although the two conditions can happen at the same time. Tooth decay (caries) occurs when bacteria in the mouth turns sugar into acid, which can damage the teeth. Poor oral hygiene and frequent consumption of sugar and foods with high-sugar content are the cause of tooth decay.

Common acid sources and risk factors

The first step in treatment is to avoid, limit or manage the exposure to acids.

Your dentist will help you identify your acid sources and risk factors which may include:

- frequent intake of acidic foods and drinks such as carbonated soft drinks, sports drinks, energy drinks, red and white wines, beers, fruit juices, fruit jams, vinegar based foods such as pickled vegetables or salad dressing
- acidic medications such as chewable Vitamin C tablets, some cough syrups, and some antiseptic mouth washes
- dry mouth, which can be caused by various factors such as smoking, medical treatments (chemotherapy, blood pressure and mood-altering drugs)
- medications that increase gastric reflux such as anti-inflammatory drugs
- conditions that cause chronic regurgitation, recurrent vomiting or reflux such as; morning sickness, bulimia, hiatus hernia or peptic ulcers
- chronic dehydration the can occur IE: athletes who train heavily and often consume acid drinks.



PATIENT A



Restored teeth



Restored teeth

This is not a complete list. There are infrequent causes that are not listed on this pamphlet.

Discuss with your dentist today, the best treatment option for you.



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