

Lost something?

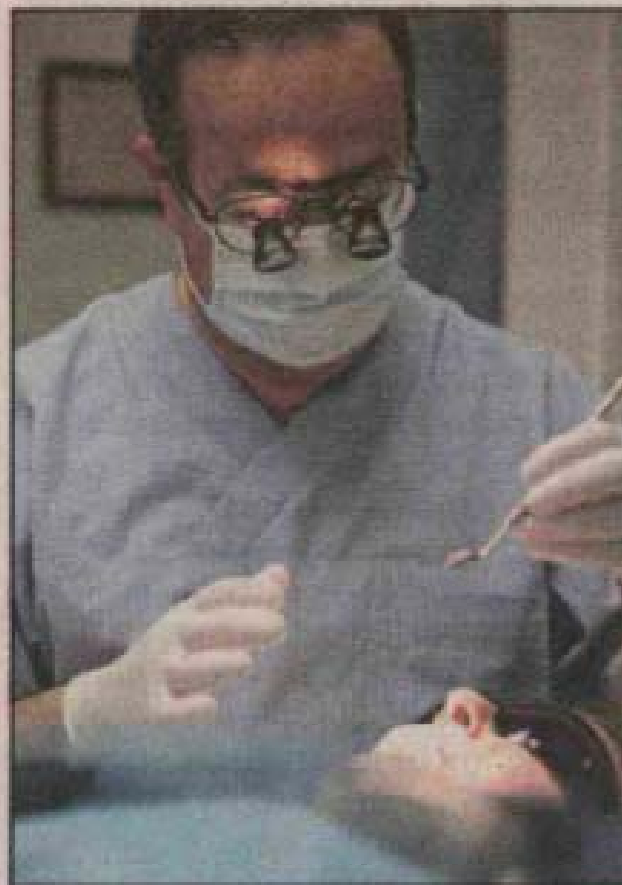
The whole tooth

GOOD ORAL HYGIENE and the addition of fluoride to toothpaste and drinking water means we are now keeping our teeth for longer. But that's not the end of the story. More than 50 per cent of children and practically all adults show signs of tooth surface loss. Professor Andrew Eder is an international opinion leader in this field. He says the local dentist plays a key role in early diagnosis of such problems, together with advice to help limit the damage.

Tooth surface loss can be caused by eating abrasive foods and by over-brushing, while acidic foods and drinks can erode the outer tooth surfaces. Stomach acid regurgitation is also a related factor, says Prof Eder. "Prolonged periods of intentional vomiting are not only seen in anorexics and bulimics but also in those who simply wish to keep a trim figure for purposes such as acting or dancing. An increasing problem is also seen in athletes who regularly sip sparkling sports drinks and also very regular swimmers, from repeated contact with acidic chlorine."

Social drug abuse may cause tooth wear, as drug cravings often give rise to grinding and clenching. Drug-induced highs can cause muscle spasm, particularly of the face, with the jaw held in unusual positions.

The economic climate has put many people under pressure – and stress can lead to tooth grinding, wearing



Prof. Eder surveys the damage

away enamel and causing acute discomfort in the teeth and jaw. Medication, together with a specialised mouthguard and osteopathic support may be suggested to address this.

Tooth whitening can, if administered incorrectly, cause tooth wear and should therefore be supervised by a dental professional. Finally, tongue piercings can damage teeth, fillings, crowns and even the gum – not to mention your general health.

www.restorative-dentistry.co.uk
info@restorative-dentistry.co.uk
020 7486 7180