

Beware the Energy Drinks!

Dental decay is caused by dental plaque (a thin film of bacteria on the teeth) converting dietary sugars into plaque acids which attack the teeth. Sports drinks have sugars in them and can contribute to decay.

Dental erosion is a separate problem occurring when acids from the diet or stomach dissolves away tooth substance. Dietary acids are found in citrus fruits or their juices, carbonated beverages, pickled foods and sports drinks.

Some sports drinks used to replace body fluids and minerals lost during exercise have also been shown to be acidic and have a potentially erosive effect on teeth, if used regularly and frequently.

When using sports drinks:

- drink them quickly-avoid sipping them slowly. Don't hold or 'swish' them round your mouth - try to minimise contact with teeth (using a straw will do this);
- try to use them chilled because warmer drinks are more erosive;
- rinse your mouth with water after using these drinks rather than brushing immediately after as this is more likely to wear away the teeth;
- try not to insert a mouth-guard immediately after using sports drinks;
- try to avoid other acidic beverages during the day to reduce the risk of erosion, by drinking water, tea, coffee or milk at other times.

Sports drinks underline the need for all people engaged in training and sports to have regular dental checkups. Also, sports players who do not maintain a good standard of plaque control, with frequent use of fluoride toothpaste, are at greater risk of dental decay since the drinks also contain sugars.

Most recreational sports players in the UK will not need to use sport drinks. It is important to maintain good hydration and with normal exercise of less than 60 minutes this can be achieved by consumption of water before, during and after play. Carbohydrate should then be taken within and hour of completing the sport for maximum benefit. This can be in the form of bread, pasta and fruit NOT SWEETS, BISCUITS AND CHOCOLATE!

Another Old Wives Tale Bites the Dust

Pregnancy has been blamed in the past for the demise of many women's teeth. There are whole families of offspring responsible for the loss of their mother's teeth.

We would like to put the record straight.

Pregnancy does not cause tooth decay, gum disease or any other nasty dental condition. Carrying a baby does not mean that there is a sudden loss of calcium in the teeth of the mother!

Ladies who have some gum swelling, bleeding and inflammation already will notice that this gets worse when pregnant. If they are completely free from these problems before pregnancy and they continue to be as meticulous with their tooth cleaning once pregnant then there will be no change.

However you should continue to visit us as normal during pregnancy. We can help with resolving the increased gum bleeding and give diet advice should the dreaded morning sickness strike.

Finally pregnant ladies and their partners are very baby aware without the fatigue and overload of advice which arrives with the birth. So, it's a great time for us to give advice about baby dental care and to remind parents that we like to see babies at their mother or fathers first visit after their birth.

Help Please!!!!

If you have a dental emergency which need to be dealt with on that day call us before 10.00 am. This way we can accommodate everyone who needs to be seen as soon as possible. Calling in the afternoon will probably mean leaving the problem to be treated the next day. Also, we close one afternoon each week for essential cleaning and maintenance to the surgery.

Obviously emergencies due to trauma or a child in pain will be dealt with at any time.