

Just to let you know

Excited about the Olympics?

Keen to get in to a sport?

Spare a thought for your teeth.....

Athletes and any keen sportsmen and women are not immune to dental disease and indeed can be, in some circumstances more susceptible to certain types of dental conditions.

Tooth Decay

In certain endurance sports such as cycling, long distance running and triathlons the consumption of refined carbohydrates can be very high.

These athletes will often snack regularly to maintain sufficiently high levels of energy or “carbo-load” prior to an event. They may also consume sports drinks and carbohydrate gels during competition.

This frequent carbohydrate intake combined with an often dry mouth can easily lead to development of tooth decay if the tooth cleaning is not excellent and there is no individually tailored dental prevention programme in place.

Frequent dental recalls for monitoring are important so that any new decay is spotted early and managed without resorting to “drilling and filling”.

Early decay can be managed with re-mineralisation therapies such as high fluoride toothpastes, fluoride varnishes applied in the practice, fluoride mouthwashes and casein based products such as Tooth Mousse.

Dental Erosion

This is the chemical dissolution of the surface of the dental enamel and the underlying dentine.

It can be caused by life style, diet, environmental factors and medicaments or it can be caused by gastric acids such as in the conditions of bulimia and anorexia.

The front teeth can become thin on the edges and start chipping, the teeth can have a smooth glazed appearance, the back teeth can develop notches and hollows and there is often an increase in tooth sensitivity. The wear on the front teeth can eventually becomes so bad that the teeth get shorter and shorter until they look like small stumps.

The prevalence of erosion is escalating with the consumption of sports drinks, fruit juices and soft drinks. Most sports drinks contain one or more food acids, citric acid being the most common. The citric acid binds calcium to form soluble calcium –citrate which is dissolved from the tooth surface. This problem is made even worse when sportspersons have dry mouths due to sweating and rapid mouth breathing.
TALK TO US IF THIS AFFECTS YOU



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See overleaf for

