Dear Michael,

Welcome to our **SUMMER** email newsletter!

If you have not yet checked out our office website lately, I encourage you to visit by clicking [here](#). We are working hard to keep it up to date with all the newest technologies we offer you and your family.

I hope that you will find this and all our future mailings to be both entertaining and informative.

Do not forget to ask us about our "NEW PATIENT" special offer! We truly appreciate the privilege of serving you and look forward to welcoming your friends and family into our office. Give the "GIFT OF HEALTH" and help them also enjoy keeping their teeth and gums healthy for a lifetime.

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**SODA AND FRUIT JUICE CAN DISSOLVE YOUR TEETH AND CAUSE TOOTH DECAY**

Dental erosion is when enamel - the hard, protective coating of the tooth - is worn away by exposure to acid. The erosion of the enamel can result in pain - particularly when consuming hot or cold food - as it leaves the sensitive area of the tooth exposed.

The enamel on the tooth becomes softer and loses mineral content when we eat or drink anything acidic. However, this acidity is cancelled out by saliva, which slowly restores the natural balance within the mouth. But if the mouth is not given enough time to repair itself the surface of the teeth is worn away.

Anything with an acidic level lower than a pH of 5.5 can damage the teeth. Diet and regular sodas, carbonated drinks, flavored fizzy waters, sports drinks, fruit and fruit juices are all known to be harmful to teeth if they are consumed too often.
Studies show that 79% of people in their study have some evidence of dental erosion, 64% had mild tooth wear, 10% have moderate tooth wear and 5% displayed signs of severe tooth wear. The participants in the study with moderate and severe tooth wear consumed more soft drinks and fruit juices each day than the other groups.

Men were also found to be at twice the risk for dental erosion as women, and tooth wear became more severe with age among the participants. While fruit juice may be a nutritious drink, the high concentrations of sugar and acid can lead to severe dental damage if these drinks are consumed often each day.

Water and milk are the best choices by far, not only for the good of our oral health but our overall health too. Remember, it is how often we have sugary foods and drinks that causes the problem so it is important that we try and reduce the frequency of consumption.

Dental erosion does not always need to be treated. With regular check-ups and advice your dental team can prevent the problem getting any worse and the erosion going any further. The more severe cases of tooth wear can often result in invasive and

<table>
<thead>
<tr>
<th>PRODUCT</th>
<th>ACID (LOW=BAD)</th>
<th>SUGAR PER 12OZ.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pure Water</td>
<td>7.00 (NEUTRAL)</td>
<td>0 TSP</td>
</tr>
<tr>
<td>Barq’s Root Beer</td>
<td>4.61</td>
<td>10.7 TSP</td>
</tr>
<tr>
<td>Aquafina</td>
<td>4.00</td>
<td>0 TSP</td>
</tr>
<tr>
<td>Dasani</td>
<td>4.00</td>
<td>0 TSP</td>
</tr>
<tr>
<td>Sprite</td>
<td>3.42</td>
<td>9.0 TSP</td>
</tr>
<tr>
<td>Diet Dr. Pepper</td>
<td>3.41</td>
<td>0 TSP</td>
</tr>
<tr>
<td>Diet Coke</td>
<td>3.39</td>
<td>0 TSP</td>
</tr>
<tr>
<td>Mountain Dew</td>
<td>3.22</td>
<td>11.0 TSP</td>
</tr>
<tr>
<td>Gatorade</td>
<td>2.95</td>
<td>3.8 TSP</td>
</tr>
<tr>
<td>Dr. Pepper</td>
<td>2.92</td>
<td>9.5 TSP</td>
</tr>
<tr>
<td>Coke</td>
<td>2.63</td>
<td>9.3 TSP</td>
</tr>
<tr>
<td>Minute Maid Oj</td>
<td>2.80</td>
<td>11.2 TSP</td>
</tr>
<tr>
<td>Monster/Redbull</td>
<td>2.70</td>
<td>7 TSP</td>
</tr>
<tr>
<td>Battery Acid</td>
<td>1.00</td>
<td>0 TSP</td>
</tr>
</tbody>
</table>

Threshold for enamel dissolution is 5.5°.
costly treatment so it is important that we keep to a good oral hygiene routine to make sure these future problems do not arise.

Many sodas and fruit juices contain at least six teaspoons of sugar, and as they often come in portions that are larger than recommended, they can lead to tooth decay as well as dental erosion.

**DIABETES AND YOUR MOUTH**

And if you or a loved one suffers from Diabetes, please read this important information:

4 Signs You May Have a Problem

Diabetes puts you at risk for dental problems. It impairs the ability to fight bacteria in your mouth. Having high blood sugar encourages bacteria to grow and contributes to gum disease. You may have gum disease if you have:

- Gums that are red, sore, bleeding, or swollen, or that pull away from your teeth
- Loose teeth
- Chronic bad breath
- An irregular bite or dentures that don't fit well

Control Diabetes to Keep Your Smile

Well-controlled diabetes contributes to a healthy mouth. If you have poorly controlled or high blood sugar, your risk increases for dry mouth, gum disease, tooth loss, and fungal infections like thrush. Since infections can also make blood sugar rise, your diabetes may become even harder to control. Keeping your mouth healthy can help
you manage your blood sugar.

**Keep Plaque at Bay**

Sticky plaque -- food, saliva, and bacteria -- starts to form on your teeth after you eat, releasing acids that attack tooth enamel. Untreated plaque turns into tartar, which builds under gum lines and is hard to remove with flossing. The longer it stays on your teeth, the more harmful it is. Bacteria in plaque causes inflammation and leads to gum disease. Having high blood sugar often makes gum disease worse.

**Brush Daily, Brush Right**

Brushing your teeth twice a day not only keeps your breath sweet, but also helps rid the mouth of bacteria that makes up plaque and can lead to oral infections. To brush properly, point bristles at a 45-degree angle against the gums. Use gentle back-and-forth strokes all over your teeth -- in front, in back, and on chewing surfaces -- for two minutes. If holding a toothbrush is hard for you, try an electric toothbrush. Also brush your gums and tongue.

**Floss Every Day**

Flossing helps control plaque. It can reach where a toothbrush can't, like between the teeth. Floss daily with floss and interdental cleaners. Ask Dr. Goone or any of our Hygienists for tips if you're not sure how to floss. Like everything else, flossing gets easier with practice.

**Take Care of Your Dentures**

Loose-fitting or poorly maintained dentures can lead to gum irritation, sores, and infections. It's important to talk to Dr. Goone about any changes in the fit of your dentures. When you have diabetes, you are at a higher risk of fungal infections like thrush and mouth sores that are tough to heal. And poorly maintained dentures can contribute to thrush, too. It's important to remove and clean dentures daily to help reduce your risk of infection.

**Toss the Tobacco**

Tobacco products -- including cigarettes, cigars, smokeless tobacco, and pipes -- are bad for anyone's mouth. But if you have diabetes and you smoke, you are at even greater risk of developing gum disease. Tobacco can damage gum tissue and cause receding gums. It can also speed up bone and tissue loss, leading to lost teeth.
Motivate yourself to quit. List your reasons for quitting, set a date, and get the support of family and friends.

**Prepare for Oral Surgery**

Well-controlled blood sugar reduces your risk of infection and speeds healing. If you need oral surgery, tell Dr. Goone and/or your surgeon that you have diabetes beforehand. You may have to wait to have surgery until your blood sugars are under control.

**4 Steps to Protect Your Health**

The same steps that ensure a healthy mouth also help you manage diabetes.

- Eat a healthy diet.
- Don't smoke.
- Keep up with your diabetes medications.
- See Dr. Goone regularly to reduce the risk of developing a serious problem.

**Know the Warning Signs**

Regular dental checkups are important because we can spot gum disease even when you don't have any pain or symptoms. But you should examine your teeth and gums yourself for early signs of trouble. Infections can move fast. If you notice redness, swelling, bleeding, loose teeth, dry mouth, pain, or any other oral symptoms that worry you, talk to us right away.

Thank you for reading our newsletter. We plan on sending out future mailings every few months.

Sincerely,

Dr. Michael Goone
Leading Edge Dental Center