

## ACID EROSION OF THE TEETH

Acid erosion of the teeth can be identified by loss of tooth structure in areas where no contact between the teeth occurs. It is especially noticeable on the biting surfaces as depressions and at the necks of the teeth as grooves. It can also be an indication of Gastro-Esophageal Reflux Disease, a condition which causes acid to remain in the mouth and is of great concern to us because it causes risk of Barret's Syndrome (a pre-cancerous condition) and damage to the teeth.



*Phil MaCavity says "Just Floss 'Em"*

There are some important protective measures which can be taken to reduce to risk of damage to the teeth.

1. Rinse well with water and swallow to flush out the mouth often.
2. Have water by the bedside to rinse out when the mouth is dry or when you wake.
3. Rinse with bicarbonate of soda (an antacid). The solution, a heaped table spoon of powder in a glass of water, can be made up and kept to the side for use.
4. After eating acid food rinse with water or bicarbonate of soda, wait for an hour before brushing teeth with fluoride toothpaste.
5. Avoid acid foods and drinks particularly at the end of the day
6. Your teeth can be sealed to reduce the risk of acid dissolving the tooth away. This process needs to be repeated, but it is better and cheaper than crowning your teeth.
7. If you are taking a combination of three or more medications on a regular basis, you probably have a reduced salivary flow and a dry mouth. 60% of medications administered in this country cause Xerostomia (Dry Mouth). You should discuss drug options with your physician.

We want you to be happy with your teeth. Let us help you. - Thank you.

**NEIL McLEOD, D.D.S., INC.** B.D.S. (Lond.), L.D.S.R.C.S. (Eng.), D.D.S.,  
A Professional Corporation - 9201 Sunset Boulevard - Suite 715  
West Hollywood, California 90069-3708  
Tel (310 275 5379) Fax (310 275 6854) e-mail - drneilmcleod@yahoo.com

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