

# Tooth TALK

## **“Hey Doc, my teeth are so sensitive! Is there any food I should avoid?”**

Teeth sensitivity is one of the most common problems many people face. According to the Academy of General Dentistry, about 40 million Americans report having teeth pain when eating or drinking hot, cold, acidic, sticky or sugary foods. Women, young adults, and those with receding gum line report having the most teeth sensitivity.

If you having sensitive teeth, you should consider avoiding the following foods:

- **Soda** - Soda is full of sugar. A regular can of Coke continues as much as 8 teaspoons of sugar! On top of the high sugar content, soda also has high acidity. Therefore, with high sugar content and high acidity, soda can irritate the exposed nerve of the teeth easily.
- **Ice cream** - Not only is ice cream cold, but also it contains lots of sugar which can cause teeth to be sensitive. People with teeth sensitivity problem most likely have thinner enamel layer which acts as a protective layer against thermal insult. Without thick enough enamel, the nerve inside the teeth can certainly feel the cold from the ice cream.
- **Hard candy** - Hard candies such as lollipops, suckers, hard toffee, are full of sugar which can lead to tooth sensitivity. Also, their hardness can break or chip teeth. It is best to skip hard candies if your teeth are sensitive and thin.
- **Citrus fruits** - Oranges, pineapple, lemons, limes, grapefruit are highly acidic fruits and they can lead to teeth sensitivity due to their acidity eroding away the enamel layer. It is best to avoid these types of fruits and their fruitjuices if your teeth are already sensitive.

I shall continue to discuss the types of food to avoid if you experience teeth sensitivity in next month's article.



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