

Could Acidic Food and Drink be **WEAKENING YOUR TOOTH ENAMEL?**

Is my tooth enamel at risk?

Tooth enamel is a hard substance that covers your teeth and protects them from damage. Enamel is precious because if it wears away, it can't regrow.

Acids in food or drink, such as fruit or fizzy drinks, can soften your enamel surfaces, making it more easily worn away through normal chewing or brushing. This process is known as Enamel Wear or Acid Wear.

Unfortunately, it is becoming common; up to **1 in 3** young adults in Europe have signs of Enamel Wear.

Over time, Enamel Wear can lead to changes in tooth shape; thinning of tooth edges; teeth with a dull, yellow appearance and tooth sensitivity. However, the early signs are often hard to recognise.

Enamel Wear is a growing concern due to modern diets and early signs can go unnoticed

How can I protect my tooth enamel?

There are several simple steps you can take to protect your precious enamel from further wear, starting right now:



Reduce how much acid your teeth are exposed to:

- Try to limit the number of times you consume acidic food and drink, such as fruit or fizzy drinks, to less than four per day
- Avoid sipping fruit juices, sports drinks and sodas over long periods, or holding acidic drinks in your mouth
- Eat fruit with meals to avoid an increased exposure to dietary acids



Brush gently but thoroughly with a soft-bristled toothbrush, and do not brush immediately after eating or drinking acidic food or drink



Use a specialised fluoride toothpaste, such as Sensodyne Pronamel

Ask your dentist or hygienist if you're concerned about Enamel Wear

Visit www.pronamel.co.uk for more information

Practice stamp:

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