

How to Keep Your Teeth From Dissolving



Researchers have warned people to beware of the damage that acidic beverages have on teeth. Yet, for some, the damage and problems associated with drinking sodas, citric juices, or certain teas may have already begun to take effect.

In a recent study, Dr. Mohamed A. Bassiouny revealed three steps to rehabilitate teeth that suffer from dental erosion as a result of the excessive consumption of these products.

Dr. Bassiouny instructs those who are experiencing tooth erosion to first, identify the source of erosion. Then, you should determine and understand how this source affects the teeth in order to implement measures to control and prevent further damage. Lastly, you should stop or reduce consumption of the suspected food or beverage to the absolute minimum.

Information about the acid content of commonly consumed foods or beverages is usually available online or on the product's label.

Sources:

- *How To Manage Dental Erosion Caused by Everyday Beverages*, Science Daily August 8, 2009 [<http://www.sciencedaily.com/releases/2009/07/090717150252.htm>]
- *Effects of common beverages on the development of cervical erosion lesions*, Mohamed A. Bassiouny, DMD, MSc, PHG; General Dentistry, May/June 2009 Pg. 212-223. [<http://www.agd.org/publications/articles/?ArtID=5248>]

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