

autumn 2003

Carbonation can cause decay

Soda.

Pop.

Soft drink?

No matter how you say it, the fizzy liquid that may taste yummy on your tongue could harm your smile.

Sugar in soft drinks, fruit juices, and sports drinks can lead to tooth decay.

The American Dental Association (ADA) says each time sugar comes in contact with the bacteria in your mouth, acid is produced. The acid can result in cavities. With every sip you take, the acid eats away at your teeth for about 20 minutes.

Think you're okay with diet soft drinks or carbonated water? Wrong. The ADA says most soft drinks also contain phosphoric and citric acid. The acid can cause tooth erosion.

Dentists suggest you limit your soft drink consumption. Try nutritious foods if you snack. Brush your teeth twice a day. Floss once a day. See your dentist regularly for a check-up.



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Routine or periodontal cleaning?

Rub your tongue against your teeth after a routine cleaning, and you feel each individual tooth. Your breath smells fresh, and your smile seems a bit bigger. For many people, this is the only dental cleaning they'll ever need.

If you have had periodontal (gum) therapy, chances are your dentist will suggest a periodontal cleaning. Much like a routine cleaning and exam, the dentist checks for signs of disease. Probing your gums, checking for plaque, and looking for tooth stability are all part of the exam. The periodontal cleaning will be more in-depth and possibly more frequent than a routine cleaning.

For more information about routine and periodontal cleanings, ask your dentist.