

HOW TO PROTECT YOUR TEETH FROM ACID EROSION



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What is acid erosion?

Acids in some of the everyday food and drinks we consume can lead to a softening of tooth enamel.

Over time this softened enamel can become more susceptible to wear from toothbrushing, resulting in reduced thickness of enamel which can lead to a change in the texture, shape and appearance of your teeth, and may also mean they become sensitive.



* Light adjusted to show clinical situation.
A dentist's torch may reveal translucent edges of the teeth which may be a sign of acid erosion.



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What causes acid erosion?

Many of the foods and drinks we associate with a modern diet, including many fruits, wine, fruit teas and soft drinks contain acids that can lead to acid erosion. Listed below are the typical pH values of some everyday food and drinks. The lower the number the more acidic the product.

Tomato ketchup	pH 3.9
Orange juice	pH 3.8
Pickles	pH 3.2
Apple juice	pH 3.0
Cola	pH 2.5
Red wine	pH 2.5
Lemon juice	pH 2.3

However acidic foods should not and cannot easily be avoided. Fruit, for example, is an essential part of a healthy, balanced diet and a good source of many vitamins but care needs to be taken as to the frequency and manner of consumption.

How can you tell if you have acid erosion?

Experts agree that nearly everyone with natural teeth will display some signs of acid erosion. Even teeth that look healthy may have signs of acid erosion. The only way to be totally sure is to ask your dentist or hygienist, who will give you a thorough dental examination.

One early sign may be a slight sensitivity to hot, cold or sweet things. But if in doubt, ask your dentist or hygienist.

What can you do about it?

To help protect your teeth against the effects of acid erosion, there are several steps that can be taken:

Avoid brushing teeth immediately after consuming acidic food or drinks as this is when the enamel is at its softest. It is best to brush teeth before meals or wait at least one hour after eating before brushing teeth.

Drink acidic drinks quickly – don't swish them around or hold them for prolonged periods within your mouth. Or consider using a straw placed towards the back of the mouth.

Brush teeth gently, but thoroughly, with a medium soft toothbrush.

Have regular dental check-ups and talk to a dental professional about any concerns.

Select a toothpaste which is low in abrasion, non-acidic and has high fluoride availability, such as **SENSODYNE PRONAMEL**.

SENSODYNE PRONAMEL is an everyday toothpaste specifically designed to help protect against the effects of acid erosion. Its unique formulation has all the benefits of your regular toothpaste and has been specially formulated for sensitive teeth.



Acid Erosion – partners in protection

Help protect your teeth with the
SENSODYNE PRONAMEL toothbrush.

- Fully flexible gel pad allows cleaning in hard to reach places
- Micro-fine, rounded bristles are gentle on tooth enamel



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Five things to ask your dentist
or hygienist about acid erosion

1. What is acid erosion?
2. How do I get acid erosion?
3. How would I know if I have acid erosion?
4. What can I do about acid erosion?
5. Can a simple thing like a toothpaste help?



Ask your dentist
or hygienist about
acid erosion



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