

SENSITIVE TEETH



 **SENSODYNE[®]**



GlaxoSmithKline
Consumer Healthcare

SENSITIVE TEETH

How will know if I have sensitive teeth?

If you experience occasional discomfort or pain when eating or drinking hot or cold food or drinks then you may have sensitive teeth.

The majority of people who have sensitive teeth do not experience pain every time that they eat or drink hot or cold food or drinks. The “unexpected” surprise of the pain can make having sensitive teeth quite frustrating!



What are the main triggers for pain?

There are a range of triggers that can cause discomfort for people who have sensitive teeth. The triggers are different for different people. Common triggers include:

- Cold food and drinks e.g. ice cream, ice lollies and chilled drinks
- Hot food and drinks e.g. soup, coffee and tea
- Sweet food e.g. sticky toffee pudding, chocolate and sweets
- Brushing teeth especially when followed by rinsing with cold water

Whatever triggers your pain make sure that you mention it to your dentist or hygienist.

Can anyone develop sensitive teeth?

Sensitive teeth are more common than you may think. In the UK over 14 million adults suffer from sensitive teeth. It affects people of all age groups and can occur at any time.

Sensitive teeth are increasingly affecting younger people as a result of changes in lifestyle and eating habits. As we consume more acidic food and drinks and snack more often during the day, we are more at risk of developing sensitive teeth.

What causes sensitive teeth?

Underneath the protective enamel coating of teeth is a highly porous layer called dentine. This dentine is made from thousands of microscopic tubes or tubules. Once dentine is exposed the nerve in the centre of the tooth becomes susceptible to triggers such as cold food and responds with a short sharp pain.

Delicate dentine once exposed can be easily worn away by toothbrushing.

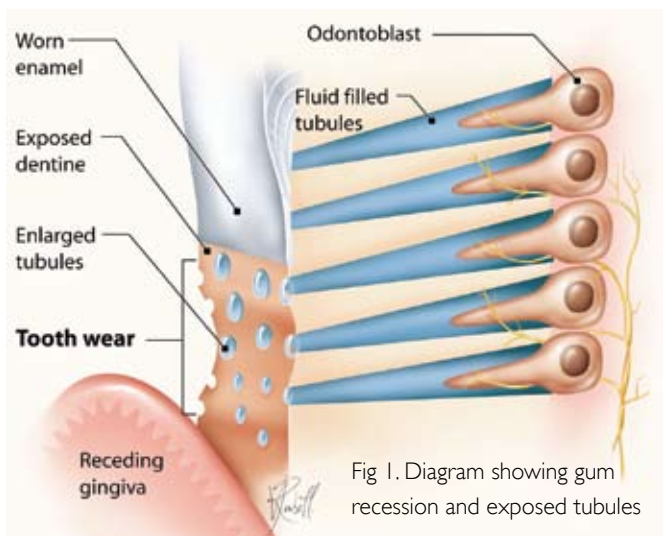


Fig 1. Diagram showing gum recession and exposed tubules

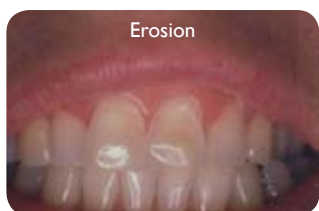
Dentine can become exposed through two main routes:

Erosion

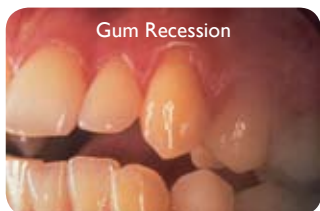
Acids in our everyday diet can soften the enamel coating of the teeth. This enamel is then susceptible to being worn away by brushing, exposing the dentine. Acidic foods and drinks include fruit juices, pickles and fizzy drinks such as cola including diet fizzy drinks.

Gum recession

This can be caused by over vigorous toothbrushing, or poor brushing which can also lead to gum disease. Gum recession leads to the sensitive dentine in the neck of the tooth becoming exposed.



A glassy or frosted appearance to teeth may indicate acid erosion



The gum has receded to expose dentine

How can sensitive teeth be treated?

It is important to make sure that you tell your dentist or hygienist if you think that you may have sensitive teeth. They will be able to advise you the best way to treat your sensitive teeth.

Sensitive toothpastes offer a convenient way to treat your sensitive teeth at home and work in two ways:

- Potassium based toothpastes such as **SENSODYNE** Total Care F work by calming nerves to stop the pain of sensitive teeth.
- Strontium based toothpastes such as **SENSODYNE** Original (contains strontium chloride) and Mint work by blocking the tubules that make up the dentine. By blocking these tubules it creates a barrier to prevent the nerve from being stimulated.

SENSODYNE offer a range of toothpastes specially designed for sensitive teeth. Ask your dentist which toothpaste is most appropriate for you.

Always read the label



Can sensitive toothpastes be used every day?

Many sensitive toothpaste formulations offer the benefits of everyday toothpastes, such as fluoride protection and fresh breath and are designed to be used every day.

Should I use a specialist toothbrush for sensitive teeth?

To help prevent sensitive teeth it is important to use the correct toothbrush and brushing technique. **SENSODYNE** toothbrushes have compact heads and end rounded bristles designed to prevent gum irritation.

Five questions to ask your dentist or hygienist about sensitive teeth

1. What are sensitive teeth?
2. How do I get sensitive teeth?
3. Can anyone develop sensitive teeth?
4. How would I know if I have sensitive teeth?
5. What can I do about sensitive teeth?



**Ask your dentist or hygienist
about sensitive teeth**

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