

ACT NOW

to protect your teeth against
erosive tooth wear



Eat your 5 a day at mealtimes. Avoid acidic food and drink in between meals

+



Don't swill acidic drinks around or hold them in your mouth.

+



Choose a fluoride toothpaste which is low abrasive

+



Visit your dentist and hygienist regularly.

+

SWAP TO A SPECIALIST TOOTHPASTE



* Caused by dietary acids.



Healthy lifestyle, healthy diet,

HEALTHY TEETH?

Your guide to erosive tooth wear, the causes and
how to prevent it

Date of preparation: April 2019

Trade marks are owned by or licensed to the GSK group of companies. CHGBI/CHPRO/0019/19b

What is **EROSIVE TOOTH WEAR**?

Acidic food and drink found in modern diets, even many healthy ones, can lead to damage of the hard layer of enamel that protects the teeth. The acid temporarily softens the enamel, leaving it weaker and easier to wear away.

If not strengthened, enamel loss may occur over time. This can cause the yellow layer underneath, the dentine, to show through giving teeth a yellow appearance.



Common causes of **EROSIVE TOOTH WEAR**



Fruit juice and smoothies



Fruit



Sports drinks



Alcoholic drinks



Carbonated drinks



Gastric reflux

1 in 3

 people under the age of 35 show signs of erosive tooth wear

It often occurs on your front teeth and biting surfaces of your back teeth

The key to preventing erosive tooth wear is to not only consider what you eat or drink but how you eat and drink it? Acids such as fruit are more damaging when eaten between meals or eaten over an extended time.

Could you **BE AT RISK**?

1. How many acidic foods and drinks do you consume daily?
2. How many of these are between meals?
3. Do you spend more than 10 minutes consuming acidic food or drink at any one sitting?
4. Do you sip, swish, hold or rinse acidic drinks before swallowing?

Long-term risks of **EROSIVE TOOTH WEAR**

Over time erosive tooth wear can lead to loss of enamel, damaging the teeth. This is irreversible. Damaged teeth may need complicated and expensive dental procedures to be repaired.

However, at the earliest stage of erosive tooth wear, you can take action to help protect acid-weakened enamel.