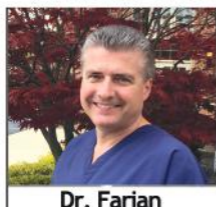


## ***From the Dentist***



**Dr. Farian**

### **Winter Increases Tooth Sensitivity, for Some**

With all of your winter activities, don't neglect your oral health. Winter is hard on our bodies. Colds and flus are common this time of year, and so is dental sensitivity. If you suffer from thin enamel or gum recession, you know all too well the pain that a chilly gust of wind can bring to your teeth.

Some people are genetically predisposed to developing thin tooth enamel, but most experience enamel erosion from external factors. When acid contacts tooth enamel, it will, over time, cause permanent damage.

We bathe our teeth in acid when we consume citrus fruits or beverages, sodas, coffees, and tomatoes or tomato-based sauces and soups. In addition, when we eat starches (including sugars), oral bacteria feed on them and produce an acidic by-product that can cause dental erosion. Furthermore, people with GERD or acid reflux often suffer from thin enamel on molars, after stomach acids erode teeth.

The second most common cause of sensitive teeth is gum recession. Healthy gum tissue clings tightly to the base of teeth at the gum line, right above the place where tooth enamel ends. Below the gum line, teeth are not coated with enamel. Dentin, the sensitive layer under enamel, is supposed to be protected by gums and bone that surround teeth roots. However, years of harsh brushing or tobacco use, or the development of gum disease, can cause gums to recede. This exposes uncoated dentin, so teeth become very sensitive at the gum line.

To combat sensitive teeth, try an over-the-counter rinse or toothpaste from your local pharmacy. These products block nerve sensations inside teeth, to offer temporary relief. If tooth sensitivity persists after using these products, ask your dentist if thin enamel, decay, or gum recession is causing your discomfort. These common concerns are easy to treat, so you can enjoy smiling with comfort, even in the wintertime.

***Keep Smiling! And make it a good one!***

***Dr. Farian***

***Keep Smiling! And make it a good one!***

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