

# Happy Valentines Day!

February 2011

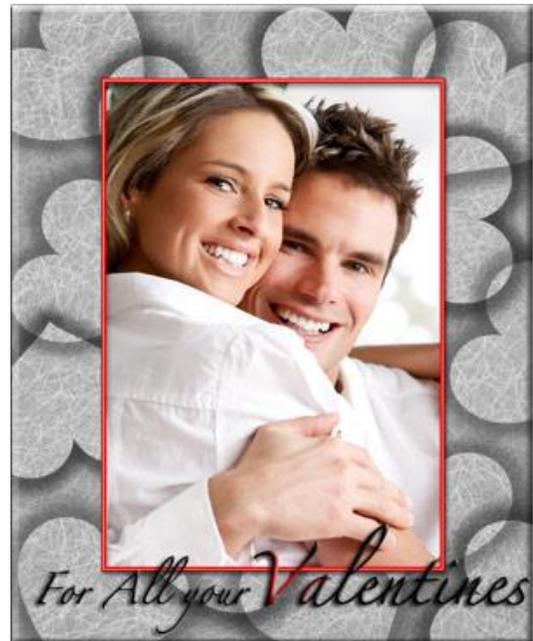
## Acid and Your Teeth

Acids found in food and liquids can have a harmful affect on your teeth. Each tooth has a hard protective layer called the enamel. When acids come in contact with the enamel, the acids can make it soft. When this happens repeatedly, your enamel can wear away and can never be restored naturally.

The chance of getting cavities increases for those whose teeth are regularly exposed to food with high acid contents. It is impossible to make a complete list, as acidic foods are found everywhere, but following are some of the more common acidic food and beverages: Beer, Beef, Soft drinks, Coffee, Fish, Lamb, Pasta, White Flour, Table Salt, Pork and White Bread. Even grazing on fruits and vegetables slowly throughout the day can expose your teeth to acid damage.

Bacteria in your mouth, which feeds on sugars, can also create acid. The best way to avoid acid damage is to avoid snacking continuously throughout the day. Rinsing and flossing, and chewing sugar free gum after eating during the day can be helpful. Brushing right after eating acidic foods though, can actually damage the teeth, because the enamel is soft from the acid. Nuts and dairy are also good acid balancing foods.

Being Cavity Free



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For all our best intentions to brush and floss consistently, it seems that we can't always avoid the cavity diagnosis. While brushing and flossing daily is good for your teeth and important for battling gum disease there are other things that we can do to prevent cavities from forming.

- Use a mouthwash after brushing help clear out remaining cavity-forming bacteria.
- Avoid snacking between meals, especially on sugary or chewy foods can accelerate the forming of cavities. But chewing vegetable fiber, like celery, after meals can help stimulate saliva, cleansing the fissures and pits where cavities typically form.
- For those with braces, water picks can be used to do replace flossing which is impossible with most braces.
- Chewing sugar free gum between meals, particularly sweetened by natural xylitol, can help prevent cavities by helping neutralize the PH balance in your mouth and suppressing bacteria growth.
- Visit our office regularly to ensure the application of fluoride, which strengthens enamel thereby preventing tooth decay. Also, if you are prone to cavities, it's a good idea to have ongoing checkups to catch cavities early while they are small before they can become larger problems.

Proper dental care goes beyond just brushing and flossing. Protecting our smiles isn't always convenient, but it is rewarding.

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