

Dental Erosion: Quintessentials of Dental Practice 34



Dental Erosion (QuintEssentials of Dental Practice Book 34) by R. Graham Chadwick

★★★★★ 5 out of 5

Language : English
File size : 2650 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 114 pages



Overview

Dental erosion is a common problem that can lead to tooth decay, sensitivity, and pain. It is caused by the loss of tooth enamel, which is the hard outer layer of the tooth. Enamel is made up of minerals, such as calcium and phosphate, that are essential for protecting the tooth from damage.

Dental erosion can be caused by a variety of factors, including:

- * Acidic foods and drinks, such as citrus fruits, soda, and wine
- * Dry mouth
- * Acid reflux
- * Eating disorders
- * Certain medications

Symptoms

The symptoms of dental erosion can vary depending on the severity of the condition. In the early stages, you may notice:

- * Tooth sensitivity
- * Yellowing or discoloration of the teeth
- * Thinning of the teeth
- * Notches or grooves in the teeth

As the condition progresses, you may experience:

- * Pain
- * Tooth decay
- * Fractured teeth
- * Loss of teeth

Diagnosis

Dental erosion is diagnosed by a dentist during a routine dental exam. The dentist will examine your teeth for signs of erosion, such as:

- * Tooth sensitivity
- * Yellowing or discoloration of the teeth
- * Thinning of the teeth
- * Notches or grooves in the teeth

The dentist may also ask you about your diet and lifestyle to determine if there are any factors that may be contributing to the erosion.

Treatment

The treatment for dental erosion depends on the severity of the condition. In the early stages, the dentist may recommend:

- * Using a soft-bristled toothbrush
- * Avoiding acidic foods and drinks
- * Using a fluoride toothpaste
- * Getting regular dental checkups

If the erosion is more severe, the dentist may recommend:

- * Dental bonding
- * Dental crowns
- * Dental veneers

Prevention

There are a number of things you can do to prevent dental erosion, including:

* Eating a healthy diet that is low in acidic foods and drinks * Drinking plenty of water * Avoiding dry mouth * Treating acid reflux * Taking medications that protect the teeth from erosion * Getting regular dental checkups

Dental erosion is a common problem that can lead to tooth decay, sensitivity, and pain. However, it is a condition that can be prevented and treated. By following the tips in this book, you can help protect your teeth from erosion and keep them healthy for life.



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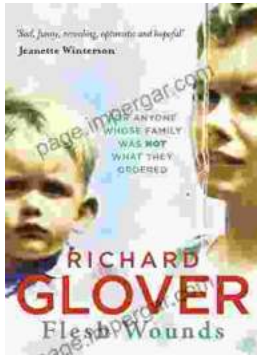
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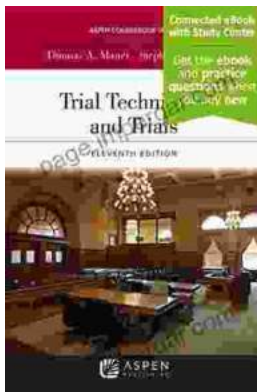
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