

Art and Science Family Dentistry Sheds Light on Tooth Erosion: Causes, Effects, and Prevention Strategies

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Woodbury, MN - Tooth erosion, a growing concern in modern dentistry, is a condition that affects people of all ages. Unlike tooth decay caused by bacteria, erosion occurs when the hard, protective enamel layer of the teeth is gradually worn away by exposure to acidic substances. Art and Science Family Dentistry in Woodbury, MN, is committed to educating patients about the causes, symptoms, and prevention strategies for tooth erosion to help maintain healthy, beautiful smiles. Their new blog post titled Tooth erosion is a growing concern in modern dentistry, affecting people of all ages helps explain more

"Tooth erosion is a silent threat that can lead to sensitive teeth, discoloration, and even changes in the shape and appearance of your teeth," said Dr. Renee Kinney, one of the skilled dentists at Art and Science Family Dentistry. "Understanding the causes and recognizing the signs of erosion is crucial for maintaining optimal oral health."

Tooth erosion is primarily caused by the frequent exposure of teeth to acidic foods and drinks, such as citrus

fruits, juices, sodas, sports drinks, and alcoholic beverages. Certain medications, when chewed or held in the mouth, can also contribute to erosion. Additionally, conditions like acid reflux disease (GERD), eating disorders, and frequent vomiting can expose teeth to stomach acid, leading to erosion.

The early stages of tooth erosion can be difficult to detect, as the changes to the teeth may be subtle. However, as the condition progresses, patients may notice increased sensitivity, discoloration, transparency at the edges of the front teeth, a rounded or "sand-blasted" appearance, and an increased susceptibility to cracks and chips.

To prevent or minimize tooth erosion, Art and Science Family Dentistry recommends limiting acidic foods and drinks, rinsing with water after consuming acidic substances, waiting at least 30 minutes before brushing teeth after consuming acidic substances, using a soft-bristled toothbrush, and considering a remineralizing toothpaste. If tooth erosion is suspected, it is essential to schedule an appointment with a dentist for proper diagnosis and treatment.

"At Art and Science Family Dentistry, our experienced team can help diagnose tooth erosion, assess the extent of the damage, and develop a personalized treatment plan to protect your teeth and prevent further erosion," said Dr. Kinney. Treatment options may include fluoride treatments, bonding, crowns, and addressing underlying conditions.

Art and Science Family Dentistry also addressed some of the most frequently asked questions about tooth erosion. While early stages of erosion can be remineralized to some extent with proper care, more advanced erosion cannot be reversed, emphasizing the importance of prevention and early detection. Patients with eroded teeth should avoid abrasive toothpaste and opt for a soft-bristled toothbrush and a gentle, remineralizing toothpaste. Although erosion itself does not cause cavities, it can make teeth more susceptible to decay. Children can also develop tooth erosion, particularly if they consume a diet high in acidic foods and drinks or have certain medical conditions.

"We are committed to helping our community here in Woodbury and the surrounding areas achieve and maintain optimal oral health," Dr. Kinney continued. "If you have concerns about tooth erosion or any other dental issues, please don't hesitate to schedule an appointment with our caring and knowledgeable team."

Art and Science Family Dentistry welcomes questions and new patients. Contact the practice today to schedule a consultation and take the first step towards a healthier, happier smile.

About Art and Science Family Dentistry:

Art and Science Family Dentistry is a leading dental practice in Woodbury, MN, dedicated to providing comprehensive, high-quality dental care in a warm and welcoming environment. The skilled team, offers a wide range of services, including preventive care, restorative treatments, and cosmetic dentistry. With a commitment to patient education and personalized care, Art and Science Family Dentistry helps patients achieve and maintain optimal oral health for a lifetime of beautiful smiles.

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Art & Science Family Dentistry

Art and Science Family Dentistry is a locally-owned private practice dental clinic, and we are proud to be taking care of Woodbury?s dental needs for over 50 years. Our doctors and team members are your neighbors and part of your community.

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