

Did You Know

about Soda?

Soda pop is everywhere these days and almost everyone drinks it. If not soda, energy drinks and sports drinks can be just as bad for your teeth.

Why Soda, Energy Drinks and Sports Drinks are Bad for Your Teeth

- High Sugar content: Sugar feeds the bacteria that make cavities. The more sugar and the more time it is in your mouth, the more risk you have of growing cavities
- High Acidity (low pH): Acids dissolve the outer surface of your teeth, leading to erosion of the enamel, premature wear and cavities
- Phosphorus: Phosphorus can pull minerals out of our bodies. Guess what your teeth and bones are made of... yep, minerals.

How can I reduce my risk for these problems?

Try to decrease the amount of soda you drink (or at least reduce the amount of time it is in your mouth). If you must drink pop, drink it within a short period of time instead of sipping on it all day.

The best alternative to soda is water. It can be free (tap water). It will not cause the problems soda will. It is good for you!

What about diet pop?

Diet pop doesn't have the sugars, but it does have the acidity. So it may not have quite as much cavity-causing ability, but it still is damaging to your teeth.

Acid erosion can lead to chipped front teeth, sensitivity, notching or pitting, and softening of the enamel.

Soda Facts:

One in Five infants is fed soda pop

Diet and Regular sodas have been linked to obesity, kidney disease, elevated blood pressure, and some cancers.

20 oz regular pop has the same amount of calories as 4 large apples, 80 baby carrots, or 15 cups of popcorn. Give up a 20 oz pop a day and you could lose up to 26 pounds in a year.

Sports drinks and energy drinks can be just as damaging as pop, or worse!

Prevention

Preventing cavities and damage to your teeth should be your highest priority for your oral health. At Pacific Hills Dental, we believe in prevention and can help you reduce your risk for cavities and other oral health problems.

If you would like to discuss fluoride or any other issue, please contact us and we will be glad to help.

CURRENTLY ACCEPTING NEW PATIENTS:

PLEASE CALL 402-330-2243

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