



May Fun facts, Acid and Our teeth, Patient of the Month, May Specials.

May 11, 2013

Greetings from Platinum Dental :)

In this issue: May Fun facts, Acid and Our teeth, Patient of the Month, May Specials.



- o May was first named for Maia, the Roman goddess of Spring and growth.
- o On May 1, 1931, the Empire State Building was officially opened.
- o On May 27th, 1937, The Golden Gate Bridge was opened in San Francisco.
- o May is skin cancer awareness month, so make sure to put on sunscreen before sun exposure.

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Acids and Our Teeth

Acids in general damage the teeth by destroying the hard protective layer: the enamel. But foods are not the only source of acid. The bacteria that live in the mouth also secrete acids when they digest the plaque left on the teeth after eating.

Acids found in food and liquids can have a harmful affect on the teeth. Each tooth has a hard protective layer called the enamel. When acids come in contact with the enamel, the acids make the enamel soft. Every time this happens, a very thin layer of enamel is lost. When this happens repeatedly, the enamel wears away to the point of causing sensitivity to cold and sweets.

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, Energy 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 the teeth to acid damage. Obviously lemons and other citrus type fruits are very high in acidic content.



Bacteria in the mouth, which feed on sugars found in plaque and food, can also create acids as their byproduct. 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. However, brushing right after eating acidic foods though, can actually damage the teeth, because the enamel is soft from the acid and brushing wears it away even faster.

So with all of this acidic assault on our teeth, what can we do to win this fight? Quite a lot actually. Below are some guidelines.

- Eat food such as nuts and dairy that are good acid balancing foods.
- Drink plenty of water. There is water that is also "acid balancing".
- Minimize the foods and drinks that are high in acidic content.
- If you are consuming an acidic fruit or drink, get it over with fast. The longer you sip on that soda can the more damage.
- Our own "saliva" has a very therapeutic effect on the enamel. So anything we do to increase our saliva production is a good thing. Chewing sugarless gum is perfect, especially after meals. No more than 5-15 minutes at a time due to other potential side effects of chewing too much gum.
- Practice good home hygiene. Brush twice a day. Use an electric toothbrush like Rotadent or Sonicare. Floss daily. And floss all the teeth, even the ones in the back or the ones holding bridges.
- Incorporate Fluoride into your hygiene routine. Over the counter fluoride products such as ACT are great for everyone. In special cases a prescription strength fluoride is also necessary.



Patient of the Month Winner:

Kimberly Miller- Reutgen

Congratulations Kim.

You too can be a winner too. You are automatically entered into our monthly drawing when you come in for your regular checkups. Also, when you refer others to our office, you gain additional entries.



Take-home Teeth Whitening Kit

(\$199 value)

Kit includes:

1 custom tray (1 arch of your choice)

2 tubes of bleaching gels

You have 30 days to claim your prize!

May specials:..... Follow us here to learn about [May 2013 Specials.](#)

Have a wonderful day! And remember to download our Free App Here



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