

MICHAEL E. ROSS, D.D.S., INC.

GENERAL & COSMETIC DENTISTRY
IMPLANT & RECONSTRUCTIVE DENTISTRY



Acids, Drinks, Indigestion and Your Teeth

Dear Friends,

Over the last several years dentists have become aware of the damage acids can do to your tooth enamel. As people are living longer it is important to assess this risk. Will your tooth enamel last your lifetime?

Acid quickly eats into tooth enamel. Acids can come from food and drinks as well as from decay-causing bacteria. It can also come from your own stomach acid. We are finding many patients have indigestion – mild to severe gastroesophageal reflux disease (GERD). It is very important to assess and control this condition if present. If you have even mild indigestion we encourage patients to have their condition reviewed by their physician. Most cases of GERD can be controlled with daily medication and/or diet.

Carbonated drinks and sports drinks are the most common cause of acid related enamel erosion. Americans drink over 50 gallons of soft drinks per year. Sugar-free varieties are equally damaging due to the citric and/or phosphoric acid in these beverages. Sports drinks are a particular concern as many young people consume them thinking there is a health and/or energy benefit.

Acidity is measured in pH – a pH level below 4 causes erosion of tooth enamel.

We've found the best solution is avoidance of acidic drinks or substitution of water for any drink habits. If you suspect acid erosion of tooth enamel is an issue for you, please ask us at your next visit.

To your good health,

Dr. Ross & Team
Cindy, Angie, Elizabeth, Alicia & Lorena

Drink	pH
Tap water	7.0 - 7.7
Beer	4.0 - 5.0
Orange Juice	3.3 - 4.2
Lemon Lime Soda	3.2 - 3.3
Diet Cola	3.0 - 3.3
Iced Tea	2.9 - 3.0
Coffee	2.4 - 3.3
Cola	2.4 - 2.5
Sports drinks	2.3 - 4.4
Lemon juice	2.0 - 2.6
Stomach/Battery acid	1.0

(714) 891.1155
www.michaelrossdds.com