

Tooth Erosion

Understanding Tooth Erosion

The mouth should have a neutral pH level. Usually between 6.2 and 7.6. This balance is held in check by your saliva. When we consume acidic food and drinks our saliva works hard to wash away and neutralise the carbohydrates and acids. If we do not maintain good oral hygiene practices and consume acidic food and drinks in moderation, this healthy balance can easily be diminished. The enamel lining softens and dissolves exposing the dentine, which then starts to decay. This is referred to as tooth erosion. Some of the biggest culprits are alcohol and soft drinks.



Early Signs & Symptoms

- Discolouration of the teeth.
- Cold and Heat sensitivity.
- Appear shorter from teeth wearing away.
- Have sharp edges
- Break and chip easily.

Acidic levels of common drinks

*pH Levels below 5.7 begin to become erosive

Beverage Type	pH Level	Erosive Potential
Soft Drink - Coca-cola	2.61	Extremely Erosive
Sparkling Water - Schweppes - Raspberry Sparkling	2.62	Extremely Erosive
Juice - Golden Circle - Pine Orange	2.84	Extremely Erosive
Soft Drink - Woolworths - Orange Flavour	2.98	Extremely Erosive
Juice - Golden Circle - Golden Pash	3.03	Erosive
Sports Drink - Gatorade - Grape	3.35	Erosive
Flavoured Water - Cool Ridge - Green Tea and Peach	3.44	Erosive
Sports Drink - Powerade - Berry Ice	3.45	Erosive
Sparkling Water - Mount Franklin - Lightly Sparkling lime	4.03	Minimally Erosive
Coconut Water - Woolworths Coconut Water	5.31	Minimally Erosive
Bottled Water - Frantelle	6.28	Not Erosive
Bottled Water - Woolworths Spring Water	6.90	Not Erosive

*(Schmidt and Huang, 2020)

References

Schmidt, J. and Huang, B. (2020). The Acidity of Non-alcoholic Beverages in Australia: Risk of Dental Erosion. 28 28 International Journal of Scientific Study, [online] (2). Available at: https://www.ijss-sn.com/uploads/2/0/1/5/20153321/08_ijss_may_oa01_-_2020.pdf.