

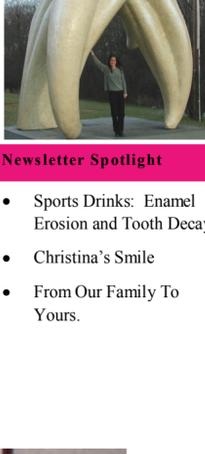


# “FILLING” YOU IN

## Sports Drinks: Enamel Erosion and Tooth Decay

Vol. 7, No. 2, Nov, 2009

Those popular sports beverages may rehydrate you but they can also cause severe damage to your teeth. High Energy drinks, sodas, tea, fruits, yogurt, tea, and many other food and drink contain additives and organic acids which can break down the calcium in your teeth and cause decay.



### Newsletter Spotlight

- Sports Drinks: Enamel Erosion and Tooth Decay
- Christina's Smile
- From Our Family To Yours.

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## Christina's Smile: Because All Children Deserve to Smile

In cooperation with the PGA TOUR and Champions Tour, Christina's Smile Children's Dental Clinic is a program designed to deliver quality comprehensive charitable dental care to children in need in the communities that host a PGA TOUR and Champions Tour tournament

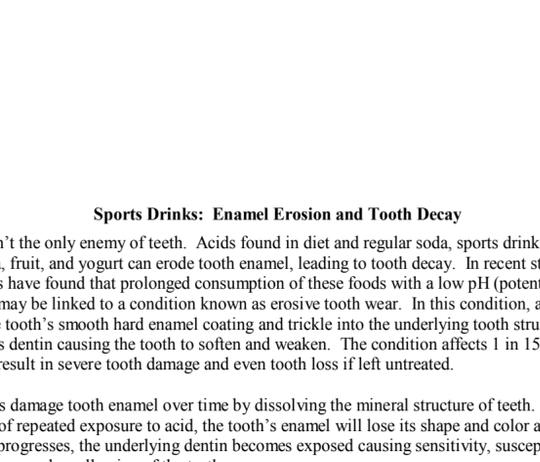
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## From Our Family to Yours

### MEET ANDREW GLENN SZOTT

Continued Below



Questions or comments, e-mail us at: [sellars3@bellsouth.net](mailto:sellars3@bellsouth.net) or call us at 336-286-9897

## Sports Drinks: Enamel Erosion and Tooth Decay

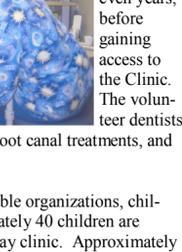
Sugar isn't the only enemy of teeth. Acids found in diet and regular soda, sports drinks, juice, wine, tea, fruit, and yogurt can erode tooth enamel, leading to tooth decay. In recent studies, researchers have found that prolonged consumption of these foods with a low pH (potential of Hydrogen) may be linked to a condition known as erosive tooth wear. In this condition, acids eat away the tooth's smooth hard enamel coating and trickle into the underlying tooth structure known as dentin causing the tooth to soften and weaken. The condition affects 1 in 15 Americans and can result in severe tooth damage and even tooth loss if left untreated.

The acids damage tooth enamel over time by dissolving the mineral structure of teeth. Eventually, because of repeated exposure to acid, the tooth's enamel will lose its shape and color and as the damage progresses, the underlying dentin becomes exposed causing sensitivity, susceptibility to tooth decay, and a yellowing of the teeth.

The pH is not the only factor that causes dental erosion. The "buffering capacity" of a beverage, or the ability to neutralize acid, plays a significant role in the cause of dental erosion. A recent study examined the acidity levels of several popular beverages. The results proved that "high energy" and sports drinks had the least buffering capacity, resulting in the strongest potential for erosion of enamel and tooth decay.

It is not what you eat and drink that is important, it is how you consume the acidic food and beverages that matters. Eating acidic foods as a part of a meal helps neutralize and eliminate acids. Before bedtime is the worst time to consume acidic foods because saliva production decreases during sleep. Saliva helps neutralize and dilute acids. Drinking quickly or using a straw, rather than sipping over long periods, helps reduce the effects of acid on tooth enamel. After consuming acidic food or drink, eating cheese or swishing with water or a fluoride rinse helps neutralize the acid. Chewing sugar free gum can also help stimulate the saliva flow which neutralizes and dilutes acid.

Brushing teeth immediately after consuming a sports drink can compound the problem of tooth erosion, because softened enamel is very susceptible to the abrasive properties of toothpaste. To prevent tooth erosion, consume acidic food and drink in moderation and wait at least 30 minutes before brushing your teeth, to allow softened enamel to re-harden. You can also use acid-neutralizing remineralizing toothpaste, with amorphous calcium phosphate (ACP), to help re-harden soft enamel. We routinely recommend Arm & Hammer Age Defying Toothpaste as it is the only one on the market at this time with ACP.



A tooth that was immersed in a sports drink (at left) shows signs of erosion caused by acid. A tooth that was immersed only in water (at right) shows

## Christina's Smile: Because Every All Children Deserve to Smile

Christina's Smile, a non profit mobile dental care facility, provides free dental care to children in need. Identified through social and community service organizations, children in each community served receive comprehensive, "most needed" dental treatment at no charge.



The Clinic is housed in a 48 foot tractor trailer equipped with three dental treatment stations, x-ray equipment, and an instrument sterilization area. It travels to at least 20 communities across the US annually, bringing quality dental care to children in need from inner cities, migrant worker camps, and homeless shelters as well as to children in residential treatment facilities and those from uninsured, working poor families.

The clinic shows dentistry at its best. Between Dr. Garza, the founder of Christina's Smile, and the volunteer dentists and assistants, each child receives a comprehensive exam and immediately needed dental care. Many of the children have lived with chronic dental pain or serious dental disease and deterioration for months, even years, before gaining access to the Clinic. The volunteer dentists



perform extractions, fillings, root canal treatments, and provide crowns and sealants.

Working through local charitable organizations, children are identified. Approximately 40 children are treated each day of the three day clinic. Approximately \$65,000 to \$75,000 worth of dentistry is delivered during each three day clinic.



**Dr. Szott**  
Thank you for donating your time and talent to provide dental care to needy children in conjunction with the **Wyndham Championship**



Christina's Smile came to Greensboro in mid-August in conjunction with the Wyndham Championship Golf Tournament. On Wednesday, August 12, Dr. Szott and her assistant's, Barbara Leggett and Beth Mays spent four hours treating six children in the Christina's Smile Trailer.

## From Our Family to Yours

I would like to introduce you to the newest member of our family, Andrew Glenn Szott, born October 30, 2009. Many of you have asked if we were going to adopt again, and we considered it, but my husband, Tom, and I have always wanted to have a biological child. Because of various "female medical issues" I am unable to carry a child. Our physician suggested that we use in vitro fertilization (IVF) to create embryos from our gametes, and transfer them to a surrogate mother who would carry the baby. We found a wonderful woman in Wilmington, NC who so graciously offered to help us along this journey. She is in no way related to our son; she simply carried and delivered the baby.



Andrew was born at New Hanover Regional Medical Center in Wilmington. Tom and I were present in the delivery room to witness this true miracle. He weighed 7 pounds, 1 ounce and was 19 and 5/8 inches long. We brought him home on November the 1st. Big brother Matthew is so happy to finally have his baby brother home. But, for some reason, he has no interest in changing dirty diapers? Tom will be taking a 3 month paternity leave from his teaching at Greensboro Day School just as he did when Matthew came home from Guatemala. Thank you all for your continued support of our family.

