

## Soda's Effect on our Teeth



Pop or soda can be a refreshing drink, especially on a hot day. It's a staple of barbeques and pizza parties – kids love sodas and some people consume it with every meal. However, much like anything, too much soda can damage your health. This delicious drink can bring harm your body – they add unnecessary calories to your diet and the large amounts of sugar can lead to diabetes. Some studies even show that consuming as little as one can of soda per day can give you a 48 percent higher chance of getting a heart attack.

Soda can do some remarkable damage to your teeth. Some research suggests it may be just as corrosive to teeth as drinking battery fluid, and this can occur as soon as the first three minutes of consumption. This is caused by a combination of mostly three factors, one is the sugar (which is really a minor factor compared to the others) then comes the phosphoric acid present in some sodas and finally the staining effect that they can have on your teeth.

The sugar problem is caused by acid creating bacteria on the surface of your teeth that feed on sugar and use it to create acid, which destroys your teeth. The sugar in sodas is easily used by the teeth as opposed to the sugars in say, whole grain bread which does not break down in the mouth.

The phosphoric acid is worth avoiding in general. This is the same substance that dentists use to scour enamel so you know it's effective in removing it. Of course it's not present in the same concentrations as in a dental application but it could be worth avoiding all the same. Erosion is far more harmful than decay, and can cause hypersensitivity.

Finally comes the [cavities](#) and the staining of the teeth. Sodas add layers of sugars to your teeth that create plaque and offer food for hordes of bacteria that happen to be in your mouth. Over time this layer can produce a yellowed effect on your teeth that is unsightly and will need to be treated by a [dentist](#).

So what can you do to prevent this? The most obvious answer is to reduce or altogether stop consuming sodas. Substitute with fresh fruit juices or just have milk or better yet, water. Citrus juice should be consumed in moderation, and if possible, in one sitting, as the highly acidic nature of these juices can cause harm teeth. Energy drinks and power drinks should also be avoided as they can have as much or even more sugar than sodas.

If you do have soda, use a straw to reduce contact with your teeth. Also, rinse out your mouth and teeth with water, to wash out the sugars and stop them from wearing away the enamel in your teeth. Reduce your cavities and stop the erosion of enamel by using toothpaste and mouth rinse with fluoride.

Managing your [oral health](#) is important – teeth is one of the few things in the body which cannot

regenerate. Take care of your teeth today, and you'll avoid painful and expensive dentistry work later on.

- See more at: <http://www.dentistry.net/dental-nutrition/soda-on-teeth/#sthash.oS6KYi03.dpuf>