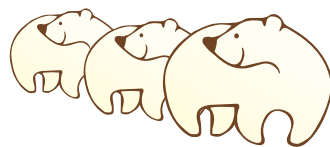


# Teeth tips for students



**CrosbyDental**

There have never been more good reasons for young people to check in routinely with the dental practice. We are the first line of defence for a range of health issues relating to the tongue, teeth, mouth and neck.

If you want advice on keeping your breath fresh and your teeth sparkly clean and strong, make an appointment with us.

All patients, no matter what their age, are routinely given a 15-point dental health check focused on their age and needs.



## Until we see you, here are some helpful tips:

### Keeping teeth free from damage

Tooth enamel is very strong but it can be weakened in a variety of ways. The biggest enemy is sugar which produces acid in the mouth and causes decay. Try and keep sugary foods and drinks to mealtimes!

Another threat to teeth is erosion, also caused by frequent exposure to acid in the mouth, which wears teeth down, making them shorter and weaker. And then there is the impact of stress leading to clenching and grinding, which can also damage teeth. The dental team can provide advice on protecting your teeth against all these assaults on your teeth.

### Advice for athletes

Fizzy and sugary drinks are no good for teeth and sports drinks are some of the worst offenders. Not only are they generally bad for your teeth but they are of little benefit to your athletic performance! If it is hydration you want, plain water really is always the best option. Avoid fizzy water and fizzy drinks in general as these can cause tooth erosion which is an increasing problem for teenagers. Sensitive, thinning and chipping teeth are all signs of tooth erosion.

### Alcohol

There are lots of risks associated with drinking too much alcohol. An obvious one is falling over and damaging your teeth. A less obvious one is related to your dental health. Did you know that alcohol contains high levels of sugar? When sugar mixes with the bacteria that form plaque in your mouth, tooth decay can occur. These high sugar levels are also linked to the diabetes and obesity epidemic that we have all heard about so watch out for all that hidden sugar.

## Mouth guards

At Crosby Dental we are all in favour of well-fitting mouth guards as they fit into our preventative philosophy – keeping teeth healthy and free from injury or disease. They work by cushioning the impact of a blow to the mouth and spreading the force over a large area.

## Stay aware to stay disease free

An oral cancer check is always included in your dental health check. Oral cancer is on the rise in the UK and some causes include smoking, alcohol consumption especially of spirits and some strains of human papilloma virus (HPV). If you have a mouth ulcer or swelling that doesn't go away within a few weeks or a lump in the throat or discoloured soft tissue, it's very important to get it checked by a dentist.

## Cigarettes and ashtray breath

It is common knowledge that smoking isn't good for you but did you know that it's linked to gum disease? If you have started smoking, remember that as well as staining your teeth, this habit can also be damaging to your health generally. And ashtray breath is not a winner on a first date!

## Piercings

Anyone who is considering getting a mouth or tongue piercing should be aware of the risks. Piercings on the tongue can cause chipping and wear to the teeth which means you might need dental treatment. The mouth is full of bacteria which means the piercing can be prone to infection. If you are still not deterred, what can you do to keep yourself safe?

- Keep the piercing clean. Using an antiseptic mouth wash as well as brushing and flossing and gently cleaning around the piercing is essential.
- Try to avoid fiddling with the piercing
- If you play a sport, remember to remove any facial piercings beforehand.
- Visit your dentist so that we can keep a close eye on your dental health

## Our guarantee:

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- All consultations are strictly confidential
- We recommend a healthy lifestyle and advise against smoking, drugs, alcohol and piercings
- But we are not judgemental, our priority is always the health of our patients.

Crosby Dental, 43 Moor Lane  
Liverpool L23 2SF

T: 0151 286 0330

E: [info@crosbydental.co.uk](mailto:info@crosbydental.co.uk)

[www.crosbydental.co.uk](http://www.crosbydental.co.uk)

 /crosbydental   @crosbydental

If you'd like to find out more about any of the information above or book in for one of our 15-point dental health checks, chat to one of our friendly team by giving us a call or you can visit our website.