

# Owww! Why are my teeth so sensitive?



**Tooth sensitivity** is the most common complaint dentists hear, apparently one in five adults in the USA suffer from tooth sensitivity.

Tooth sensitivity is a short **sharp pain** felt when the tooth is exposed to hot/cold and sweet/sour food or drink. In extreme cases just exposure to cold air can cause pain for people with sensitive teeth. The sensitivity occurs because the enamel of the tooth has been worn down and the dentin is left exposed.

There are many **causes** of tooth sensitivity, the most common are:

- Bruxism - teeth grinding
- Loose or missing fillings/crowns
- Cracked Tooth
- Gum Disease
- Gum Recession
- Plaque
- Vigorous abrasive brushing
- Teeth Whitening
- Acidic Foods

**Preventing** and **treating** tooth sensitivity is easy with the many products available.

- Use a desensitizing toothpaste such as Sensodyne
- Use a fluoride mouthwash.
- Avoid frequent intakes of acidic foods.
- Wear a night guard if your sensitivity is caused by grinding your teeth.
- Use a toothbrush with soft bristles.
- Brush your teeth gently.

You should visit your dentist if you experience tooth sensitivity so that they can recommend the best treatment whether over the counter or surgical.

## Healthy Tips



**Just like brushing your teeth, healthy habits should be cultivated on a daily basis. The following is a guide to daily tasks:**

- 1.** Activity should be a daily occurrence. Walk, run or jump for a minimum total of 20 minutes a day.
- 2.** Protect your skin. Sun block should be applied on face, neck, arms and hands even in the dead of winter. It protects against climatic toxins too. Moisturize skin daily.
- 3.** Eat fruits, vegetables, grains, low-fat dairy products and small amounts of protein. Avoid sweets and other processed foods.
- 4.** Meditate or spend a minimum of five minutes daily in quiet time.
- 5.** Find your spiritual self. Discover what inspires you, raises your level of consciousness, motivates you, and satisfies your soul.
- 6.** Exercise your brain. Read, study, solve problems, and learn new skills. As does the body, the brain atrophies with lack of use.