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Getting Tooth Decay Can Be Sweeter (Literally) by [Marlena Tillens](#)

Article published on April 24th 2012 | [Health](#)

It's no secret that people who love to consume several cans of soda incur tooth decay in the long run. It has been shown that there is a strong correlation between soda consumption and tooth decay. Heavy soda drinking is also related to various health conditions such as diabetes, obesity, and osteoporosis.

Through the years, milk drinkers reduced in number while soda and juice drinkers have steadily risen. This consumption shift is manifested in children, teenagers, and adults who love to consume sweetened or carbonated drinks, beyond normal intake. Excessive soda drinking was found out to be a bad habit, however, for research showed that sodas are one of the leading causes of tooth decay.

People who are heavy soda drinkers are prone to dental cavities as evidenced by white spots found on their teeth. These spots are called decalcifications which are the initial developing stages of dental cavities. A cavity is an infection coming from carbohydrate-containing foods or beverages. Sweetened soda contains high amounts of sugar and carbohydrates that precipitate cavities. More than just containing sweet properties, soda is also acidic, bringing further damage to soda junkies' teeth.

The typical pH - measure of the acidity or basicity of an aqueous solution - inside one's mouth is 7.0, slightly higher than water's pH. Whenever an individual drinks soda, the bacteria inside his mouth metabolizes the sweetened liquid to produce an acid. This acid causes the mouth's acidity level to drop at 5.2. In addition to that, the acidic agent also starts to break the tooth's enamel. Over time, these cavities make their presence felt through toothaches.

Although most sodas are sweet and acidic, they all have varying effects on an individual's teeth. A study showed the effects of several types of sweetened soda - cola, orange, and lime soda - and mineral water on teeth. Compared to the three sodas, mineral water has the least decalcification effect, while cola had the highest. That is why dental experts, especially a dentist Fishers residents prefer recommend having a balanced intake of both water and soda drinks.

Since prevention is better than cure, it would be good to know the dos and don'ts when consuming soda. First is, of course, to regulate the intake of soda. Drinking soda in moderation is good to limit sugar intake through sweetened drinks. A dentist Fishers IN residents recommend also suggests individuals to rinse their mouth after eating or drinking anything sweet to wash away any residues in their mouth.

Dentist in Fishers IN also highly recommend brushing after every meal. It would also be best to substitute sodas with other healthier drink options like sport drinks or fruit juices. For more information about tooth decay and soda consumption, visit [wda.org](#).

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