

TOOTHFULLY. *speaking*



Dr. Preety Desai

RED WINE PARADOX!

The red wine paradox was first published in 1991 by Serge Renaud reporting that despite having a high fat diet, the moderate daily consumption of red wine led to lowered rates of heart disease amongst the French versus North American population. This theory has since been debunked in many studies. So although we might emotionally want to drink to our health... red wine is unequivocally proven to be detrimental to your oral health.

Red wine has an acidic pH and over time stains teeth. We can all bear witness to this when you attend a dinner party and are speaking with someone drinking red wine! In addition, coolers and spritzers with extremely high sugar levels are a double whammy, as alcohol & sugar act synergistically together to break down tooth enamel even faster.

Why is this bad for teeth? Acidic drinks demineralize and create micro-porosities in the enamel coating of our teeth (the outer translucent white layer), making our teeth sensitive to a bacterial attack from over 900 bacterial species in the mouth. Champagne or Prosecco are even worse as they are carbonated indulgences and attack teeth as a third whammy; which is why it's better to drink a flat drink than a fizzy drink.

Fruit juices, smoothies, soda pop are all filled with sugars & acids and summertime is the most common time to drink these beverages during a social hour or sparkling wines during wedding celebrations. To offset the acidic pH in the mouth, drinking water between drinks will help lessen the threats of demineralization.

Coffee based cocktails like Irish coffee or martini's mixed with dark fruit juices (i.e. cranberry cocktail) also have similar negative impacts. So if you want to indulge in these summer cocktails, do yourself a favour and brush with non abrasive toothpaste or no toothpaste afterwards - preventing stain is easier than treating stain.

Treatment of the problem can vary in extent depending on the causes & depth of staining. The most predictable treatment is the customized systems using infrared light from the dental office. These work by having custom fitted trays to contain and protect the percolating carbamide peroxide gel from the soft tissue. Specific laser light wavelengths are then applied to activate particles in the gel to start the bleaching process. The protocol is to apply the gel three times to access the deeper layers of staining, which have accumulated over the years, but often twice is enough. The difference between off the shelf whitening products vs. dental office products is that the depth of penetration that determines how "white" your teeth will become and how quickly they will restrain. There is also a maintenance program for any of these products.

In essence, "Prevention rather than treatment" is the same metaphor used in all of dentistry. Cheers!



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