Is Your Child Too Embarrassed To Smile?

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Shocking statistics released by the government this spring suggest that our children are suffering from excessive tooth wear, which can result in teeth becoming short and unattractive, as well as rough or sensitive.

The Children's Dental Health Survey tells us that:

• A third of 5 year olds have tooth wear on the biting edge of at least one upper front tooth

• A quarter of 12 year olds also demonstrate tooth wear on their back teeth

• Almost one-third of children at age 15 have tooth wear on the biting surface of their back teeth.

Speaking about these figures, Professor Andrew Eder, an expert in tooth wear, commented: 'Since this tooth destruction is building over time as our children age, this is a significant problem and taking preventive action now is important to ensure there is no-long term damage that will require substantial and costly treatment in adulthood.'

The good news is that there are some simple steps you can incorporate into your child's everyday routine that can help, including:

• Limiting the consumption of fruits, fruit juices and fizzy drinks, preferably only at meal times

• Drinking still water or low fat milk between meals

• Using a straw for fizzy drinks and fruit juices, and avoiding holding or swishing these liquids around the mouth

• After having such drinks, waiting an hour before toothbrushing

• Choosing a child-friendly toothbrush that has a small head and is relatively soft

• Using a non-abrasive toothpaste that contains a level of fluoride suitable for the child's age.

If you have any concerns about tooth wear or would simply like some preventive advice, visit www.toothwear.co.uk, contact the London Tooth Wear Centre® on 020 7486 7180, or arrange to see your dentist or hygienist – they are there to help!

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