

# WHAT'S CAUSING YOUR TOOTH PAIN?

Dental cavities are not the only reason your teeth might be hurting. Professor Andrew Eder told us the three issues below are becoming more common:

|              | ACID EROSION   | GUM RECESSION   | TOOTH WEAR  |
|--------------|--|---|---|
| Common cause | Teeth are made from a layer of strong enamel over soft dentine, but acidic food and drink, overbleaching or even exposure to swimming pool chlorine can thin the enamel, exposing the sensitive dentine. | 'Imagine your gums as a duvet over your teeth: if it shrinks back, the cold gets in and irritates the nerves,' says <u>Professor Eder</u> . This problem is often caused by overzealous tooth brushing. | As we get older, so do our fillings. If you're having regular check-ups, a dentist will normally spot wear and tear early, but if not, fillings can crack, especially if you also grind your teeth. |
| Symptoms     | Pain. You might also notice your teeth look pitted or more yellow/grey than they used to.  | If you experience painful twinges when you eat something hot or cold, or breathe in on a cold day, this is likely to be to blame.   | 'A pain that shoots through the tooth as you're chewing – normally as you release the jaw,' says <u>Professor Eder</u> .  |
| Solutions    | A toothpaste for sensitive teeth will help to tackle the problem, but if your teeth are very badly damaged, the best solution is a cosmetic treatment, like veneers.                                     | Desensitising toothpaste again. A top trick is to rub it directly onto the sensitive area with your fingertip in addition to using it twice a day when brushing your teeth.                             | You'll need to have the filling removed and either a new one put in or a crown fitted. Sometimes, however, the tooth has to be removed.   |