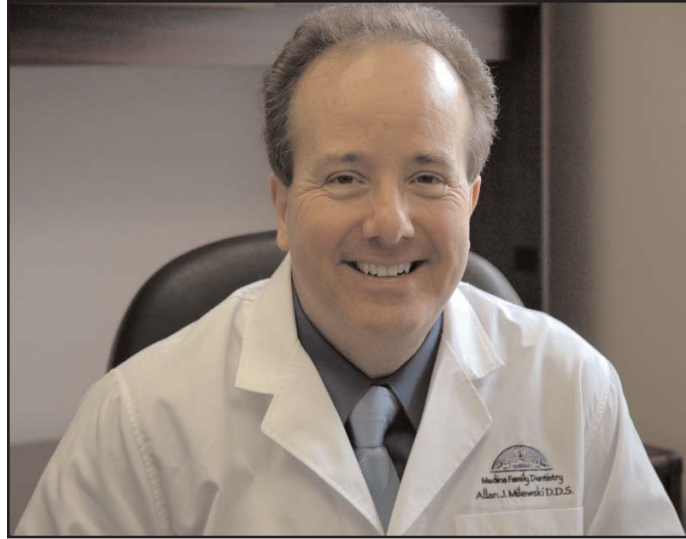


# Sensitive Teeth? No Need to Grin and Bear It

By Dr. Allan J. Milewski,  
D.D.S.

Has this ever happened to you? It is a beautiful, crisp winter day here in Ohio. You bundle up and head outdoors and take a deep breath of the freezing cold air and ouch! Your teeth send you a definite twinge of discomfort! If this happens to you frequently, you may have sensitive teeth.

Tooth sensitivity is a concern of many patients. Your teeth might experience sensitivity when you drink cold liquids, eat cold foods such as ice cream or even brush your teeth with cold water. Hot food and liquids can also cre-



Dr. Allan J. Milewski, D.D.S.

ate discomfort, as can food that is high in sugar or acid.

The causes of tooth sensitivity are varied. Obviously, areas of decay can lead to discomfort. Teeth that are cracked or fractured can be very sensitive. Another common cause of tooth sensitivity is worn tooth enamel.

Enamel is the outer coating of your teeth which protects the sensitive inner tissue called dentin. When you wear down your enamel, your dentin is exposed and is highly sensitive to temperature extremes. Enamel can be worn down by brushing too vigorously or brushing with a hard bristled brush. Enamel can

become worn by eating highly acidic food or drinks, or grinding and clenching your teeth. Periodontal disease can cause gum recession, exposing the dentin and opening the teeth to further sensitivity.

If your teeth are sensitive, it is important that you see a dentist to determine the cause. Often times, your dentist may advise you to use a fluoridated desensitizing toothpaste or mouth rinse. Your dentist may also suggest an application of fluoride varnish, which will help reduce your sensitivity and make your teeth stronger. If your sensitivity is due to grinding or clenching your teeth, your

dentist may recommend a night guard to help protect your teeth.

Don't avoid the outdoors on a cold winter day, or say no to a hot cup of cider because you are worried about sensitive teeth. Talk to your dentist today about the best treatment for your sensitive teeth, and get ready to enjoy another beautiful Ohio winter!

For more information on sensitive teeth, contact Dr. Allan J. Milewski at (330) 725-2242, or visit us on the web at [www.MedinaFamilyDentistry.com](http://www.MedinaFamilyDentistry.com).

*Dr. Milewski is a general dentist practicing in Medina.*