



All about tooth sensitivity and solutions for it

The levels of sensitivity will be unique for each of us.

Have you experienced discomfort when enjoying ice cream or hot coffee? As we age, tooth sensitivity could increase for several reasons, so it can be helpful to learn more about it. As time passes, scrapes and other oral health issues may have occurred, leaving us with areas of sensitivity or pain. The good news is, sensitive teeth can be treated.

Typical causes of tooth sensitivity

Some causes you may already expect, like cavities, though not all cavities are sensitive. Then of course there's worn tooth enamel — from brushing too aggressively or with a hard bristle brush — that can be sensitive. Other causes are fractured teeth, worn fillings and gum disease. Worn gum tissue (recession) can lead to root exposure, since it doesn't grow back and can continue to recede without proper care. And even whitening products can lead to sensitivities.

A few solutions that can help

The simplest one: make sure to use a soft or extra-soft bristled toothbrush with desensitizing toothpaste. Enjoy fewer acidic foods and beverages like citrus fruit, yogurt and wine. Some foods to avoid might surprise you: even beef, fish, beans and most grains are moderately acidic. Try drinking hot and cold beverages with a straw. Avoid over-the-counter tooth-whitening products. And consider prescription fluoride as an in-office technique or take-home option. If your sensitivities are more serious, there are treatments your dentist might suggest.

Ask your dentist

Of course, proper oral hygiene plays a big part in preventing sensitive-tooth pain before it starts. Ask your dentist if you have questions about your daily oral care or concerns about tooth sensitivity. Your dentist knows best when it comes to professional advice about your unique dental needs.

For questions about the Lehigh Valley Business Coalition on Healthcare (LVBCH) dental plan, contact CJ Heidenreich, 412-544-8127 or email Christopher.heidenreich@ucci.com.

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