

TOOTH SENSITIVITY

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Health Tips for healthy living.

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Sponsored by Amy Alexcovich, DMD
Strong Area Dental Center

Causes & Treatments for Healthy Teeth

Does a lick from your ice cream cone or a sip from your water bottle make you wince? Do you have tooth pain but can't find a cause for it such as something stuck in your teeth? Then you may be one of many people who have sensitive teeth.

Causes

Generally, tooth sensitivity is caused when food or drink comes into contact with the nerves and cells inside the teeth. This contact results in a jolt of pain or an unpleasant sensation. Ways that tooth nerves become exposed include:

- ☞ Cavities.
- ☞ Cracked or fractured teeth.
- ☞ Gum recession. Gum recession can be caused by age, brushing your teeth too hard, or an injury to the mouth.
- ☞ Worn tooth enamel. Enamel is an extremely hard substance on the outside of the tooth that protects it, but it can wear away over time.

Regardless of the particular cause, you should make an appointment to see a dentist if you are experiencing tooth sensitivity.

Treatments

Tooth sensitivity can be treated in a number of ways, depending on what the cause is. Some common treatments are:

- ☞ Using a desensitizing toothpaste. The active ingredient in desensitizing toothpaste prevents sensations from the tooth's surface from being transmitted to the tooth's nerves.
- ☞ A fluoride gel that the dentist will apply in the office that will strengthen your tooth enamel.
- ☞ Sealing the tooth root with a plastic material that will shield it from food and drink.
- ☞ For very severe cases, a root canal may be performed.

Consult a dental care professional to find out which of these treatments may work for you.

Amy Alexcovich, DMD is joining the Strong Area Dental Center this month. Dr. Alexcovich is a National Health Service Corps Scholar who received her undergraduate degree from Georgia Institute of Technology in 2002 and her Doctor of Dental Medicine degree from Temple University School of Dentistry in 2007. Dr. Alexcovich has previously completed two MPCA Student/Resident Experiences and Rotations in Community Health in Lubec and at Togus, experiences that left her with a desire to live and work in Maine. Dr. Alexcovich will join the Strong Dental Center after completing her dental residency at St. Clare's Hospital in Schenectady, NY. She is a member of the American Academy of Oral and Maxillofacial Pathology, the American Dental Association, and the American Association of Women Dentists.

12 locations to serve you:

Bethel Family Health Center – Bethel
Bingham Area Health Center – Bingham
Belgrade Regional Health Center – Belgrade
Lovejoy Health Center – Albion
Madison Area Health Center – Madison
Mt. Abram Regional Health Center – Kingfield
Richmond Area Health Center – Richmond
Rangeley Region Health Center – Rangeley
Strong Area Health Center – Strong
Strong Area Dental Center – Strong
Sheepscot Valley Health Center – Coopers Mills
Western Maine Family Health Center – Livermore Falls

HealthReach Community Health Centers

