

## **Professor Andrew Eder launches new website at [www.toothwear.co.uk](http://www.toothwear.co.uk) and asks: “Are your teeth the worse for wear?”**

Tooth wear is an increasingly common problem and getting help early on is essential to prevent teeth becoming short or sensitive. Recognising this, Professor Andrew Eder, Clinical Director of the London Tooth Wear Centre<sup>®</sup>, has launched a new website at [www.toothwear.co.uk](http://www.toothwear.co.uk) to help.

Visitors to [www.toothwear.co.uk](http://www.toothwear.co.uk) will find useful information on the different types of tooth wear, what causes it and the simple steps that can be taken to prevent significant damage.

The truth is that everyone experiences some tooth wear simply due to normal use of the teeth but it can become a real problem if, for example, people grind their teeth, have an eating disorder, brush too vigorously, or consumption of acidic food and drinks is high.

Indeed, with the British Soft Drinks Association’s latest figures showing an increase in the consumption of fizzy drinks and fruit juices, plus that over 660 million litres of sports and energy drinks were purchased in 2011 – all significant culprits when it comes to tooth wear – raising awareness of such oral health risks is vital.

Meanwhile, figures from the latest UK Adult Dental Health Survey confirm a worrying increase in the three age groups ranging from 16 to 44 since the last survey, which was completed over a decade ago. This strongly suggests that preventive treatment above and beyond what is generally already being offered is needed if the UK population’s dental health is to be secured over the long term. The Survey also indicates that significant tooth wear is poised to become more common if no preventive action is taken.

Irrespective of age and circumstance, patients need to understand that, amongst other issues, poor drink and food choices, eating disorders like bulimia and stress-related tooth grinding can all cause considerable tooth wear.

If you have any concerns about tooth wear or would simply like some preventive advice, visit [www.toothwear.co.uk](http://www.toothwear.co.uk) and arrange to see your dentist or hygienist – they are there to help you!

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### ***Notes for editors:***

Professor Andrew Eder is a Specialist in Restorative Dentistry and Prosthodontics and Clinical Director of the London Tooth Wear Centre<sup>®</sup>, a specialist referral practice in central London. He is also Professor/Honorary Consultant at the UCL Eastman Dental Institute and Associate Vice-Provost (Enterprise) and Director of CPD and Short Course Development at UCL.

The London Tooth Wear Centre<sup>®</sup> offers an evidence-based and comprehensive approach to managing abrasion, attrition and erosion, utilising the latest clinical techniques and an holistic approach in a professional and friendly environment.

For further information on the work of the London Tooth Wear Centre<sup>®</sup>, please visit [www.toothwear.co.uk](http://www.toothwear.co.uk), email [info@toothwear.co.uk](mailto:info@toothwear.co.uk) or call 020 7486 7180.