

Professor Andrew Eder highlights a dental risk

# Bite all right?

**Y**OUR TEETH may be wearing away and dissolving. An increasingly common problem, tooth wear can result in sensitive and sharp teeth that may look shorter on smiling and lead to self-consciousness.

We all know about tooth decay and gum disease, but tooth wear is less well-known. It occurs when the outer surface of the tooth is lost as a result of mechanical or chemical activity in the mouth, resulting in abrasion, attrition, erosion and/or abfraction. Abrasion is caused by, for example, vigorous brushing, porcelain crowns rubbing against natural teeth or a coarse diet. Attrition is the result of teeth coming in contact with each other more than normal, for instance if you grind them at night (linked to stress). Erosion is a consequence of consuming acidic foods and drinks or health issues that result in frequent regurgitation, while abfraction occurs as a result of biting forces causing a tooth to flex and so form tiny fractures in the enamel near the gum line. These types of wear may occur separately or be combined. Symptoms include extra sensitivity; less-white appearance, as some outer enamel is lost; sharp or chipped front

teeth; altered bite; grooves in the teeth near the gums; problems with speaking and chewing due to a change in tooth shape and jaw and muscle discomfort.

Led by Professor Andrew Eder, the London Tooth Wear Centre provides preventive advice and comprehensive care. There are three aspects to tooth wear management. The first is to determine the cause and address this. Secondly, it is essential to decide on the severity of tooth wear and whether it is physiological (in harmony with

the patient's age) or pathological (significantly in advance of age) and so whether to recommend prevention or active treatment. Treatment might include adhesively-retained tooth coloured fillings and a mouthguard or multiple crowns at an increased biting level to recreate the teeth's function and aesthetic appearance.

*Professor Andrew Eder is a specialist in restorative dentistry and prosthodontics and clinical director of the London Tooth Wear Centre, [www.toothwear.co.uk](http://www.toothwear.co.uk)*



**LONDON  
TOOTH WEAR CENTRE®**

Are you worried about  
your front teeth?

Have they become more sensitive?

Are they sharp or chipping at the edges?

Have you stopped smiling?

This could be related to acidic foods and drinks in your diet, stomach acid reflux or even grinding and clenching which often takes place at night.

Most often, it is a combination of problems and, as we all keep our teeth longer, such problems of tooth wear are on the increase.

There are many ways we can help you  
to protect your teeth.

Please do contact us for further information.

Professor Andrew Eder BDS MSc MFGDP MRD FDS FHEA  
Specialist in Restorative Dentistry & Prosthodontics  
Clinical Director, The London Tooth Wear Centre®

[www.toothwear.co.uk](http://www.toothwear.co.uk)

info@toothwear.co.uk +44 (0)20 7486 7180  
Second Floor, 57a Wimpole Street, London W1G 8YP, UK