

HEALTH TIP

Why your teeth are sensitive

By Beatrice Nakibuuka

Tooth sensitivity is a common dental problem that involves discomfort or pain in teeth when encountering certain substances and temperatures. According to Dr Patrick Kyagulanyi, a dental surgeon, the foods we eat and some practices affect our teeth to become sensitive.

Causes

In normal teeth, the enamel protects the inner layer of dentin. The

tooth roots are protected by gums. But if the enamel is worn out or the gum line is eroded, then the dentin becomes exposed.

“Tooth sensitivity occurs when the enamel that protects our teeth gets thinner, or when gum recession occurs, exposing the underlying surface, the dentin, thus, reducing the protection the enamel and gums provide to the tooth



and root,” says Dr Kyagulanyi. The major causes of sensitivity in teeth are; Worn tooth enamel from using a hard toothbrush and using a hard grip while brushing aggressively. Tooth erosion due to highly acidic foods and beverages such as lemon. Tooth decay, worn leaky fillings and broken teeth that expose the dentin of your tooth.

Prevention

Dr Kyagulanyi advises that when you develop sensi-

tive teeth, it is important to see a dentist immediately to have the problem fixed with the appropriate treatment but if you want to protect your teeth from sensitivity damage;

- Use desensitizing toothpastes but after a recommendation from a dentist because not every over the counter toothpaste will be as effective.
- Use a soft-bristled toothbrush.
- Avoid highly acidic foods and beverages.
- Avoid teeth grinding and tooth