

改變飲食習慣：讓牙齒遠離酸蝕

Skip the Sip: Reducing Tooth Erosion

By Today's RDH - March 23, 2018



英國牙科雜誌最近發表的一項研究指出，**飲食習慣**可能導致與**牙齒酸蝕**有關的有害影響。首席研究員 Saoirse O'Toole 博士和她的團隊致力於確定哪些食物和飲料在造成牙齒侵蝕方面最具破壞性。

甜蜜的力量(*The Power of Sweetness*)

毫無疑問，高度酸性的食物和飲料往往是造成牙齒酸蝕的罪魁禍首。許多酸性食物和飲料也有甜味，這導致偏愛甜味的人的消費量增加。

為了確定哪些食品 and 飲料更容易導致牙齒腐蝕，每個人都希望那些被認為是高度酸性的食物和飲料能夠上榜。但令人不解的是，當食用含有相同高酸度的食物和飲料時，並非所有人都受到同等影響。

研究人員希望解決的一個難題是，為什麼當所有人都同樣地飲用甜飲料和食物時，有些人往往比其他人更容易遭受牙齒腐蝕，事實上，一些人受到蘇打水和果汁的攝取影響更大，不僅僅是因為酸的含量。

飲食的內容、時間和方式(The What, When, and How of Drinking and Eating)

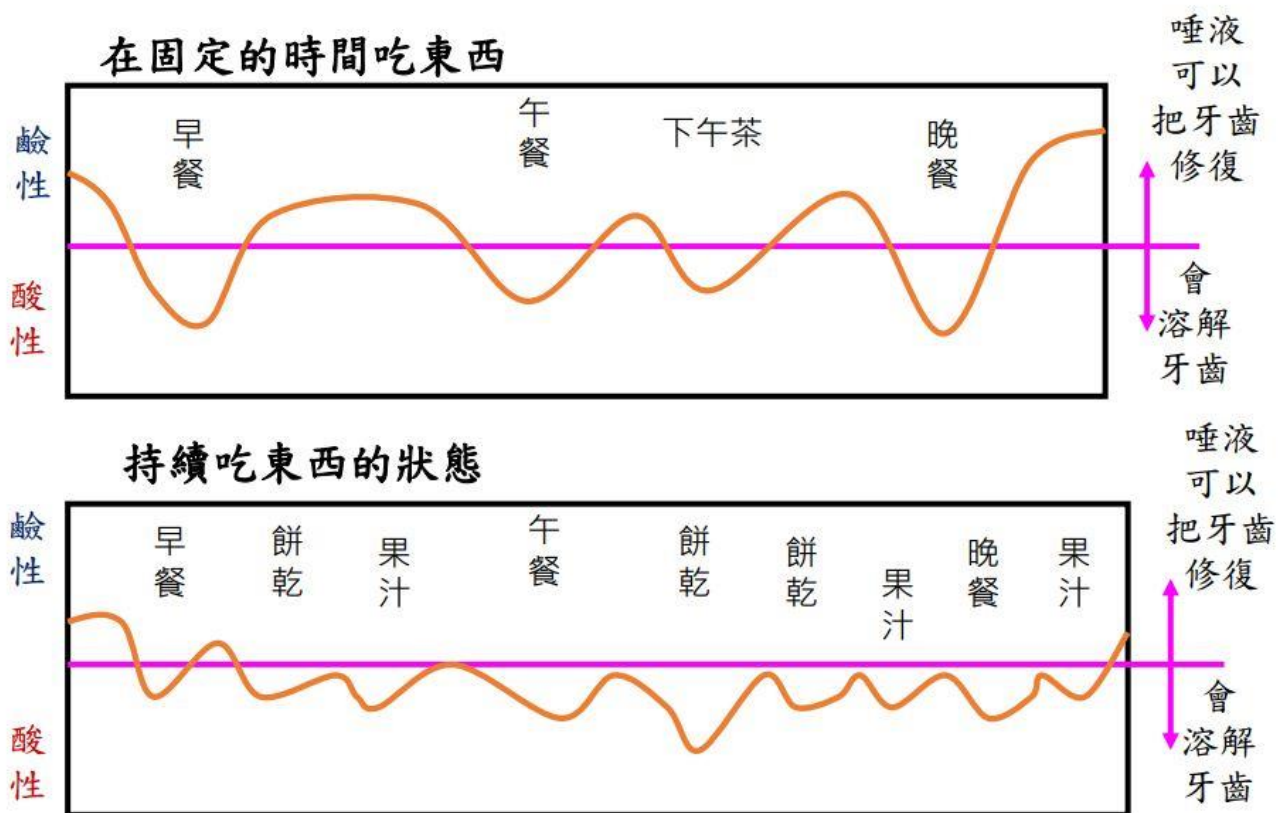
研究結果發現，影響**牙齒酸蝕**的不僅僅是你在吃了什麼和喝了什麼，**什麼時候吃**和**如何吃**，也會是**影響的關鍵**。

該團隊隨後對另一項研究進行調查，該研究監測了 600 名飲食攝取量相似的參與者的飲食習慣。一半的參與者經歷了明顯的牙齒酸蝕，而另一半則表現出正常的牙齒磨損。

本研究重點在於一段較長的時間內，食物和飲料攝入的時間點、頻率和持續時間。分析的結果表明，在**兩餐之間**食用含酸量較高的食物和飲料的人呈現出牙齒**酸蝕增加**的趨勢。

除了在兩餐之間吃零食，一個人如何食用這些零食和飲料也會影響牙齒酸蝕的最終結果。從本質上來講，那些傾向於啜飲或品嚐含糖飲料和食物的人會暴露於更高的牙齒酸蝕風險中。

食用甜食時段的PH值變化比較



資料來源：台灣口腔照護協會 黃耀慧理事長提供

改變飲食習慣(Improving Consumption Habits)

稍微反思一下，我們就很容易明白，**讓酸性食物和飲料留在口中**，會創造一個理想的細菌環境，造成牙齒的脫礦和酸蝕。

進一步的分析表明，在**用餐期間食用相同的甜味食品和飲料**，造成的**損害要小得多**。這種差異背後的原因之一是，**當我們吃食物時，我們往往會更快地吞下口中的液體**。此外，當食物被咀嚼和分解時，它可以起到一種擦洗的作用，可以鬆動和去除牙釉質中的酸。

雖然讓飲料的味道久留在嘴裡聽起來很吸引人，但創造一個能破壞牙釉質的細菌環境卻令人恐懼。

你能做什麼 (What You Can Do)

你的飲食習慣不需要大幅度改變。適度的修改便能在減少牙齒腐蝕方面發揮重要作用。

例如，如果您喜歡在兩餐之間喝蘇打水或果汁，請加一杯水。喝完甜飲料後，用一大杯水沖洗掉飲料中的甜味殘留物。

當然，減少酸含量高的食物量、在飯後和吃完零食後刷牙都是強烈建議養成的習慣。

最重要的是，要時時刻刻注意你吃什麼或喝什麼、什麼時候吃，以及你如何吃。

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A recent study published by the British Dental Journal points to the deleterious effects that eating and drinking habits may cause in relation to tooth erosion. Lead researcher, Dr. Saoirse O'Toole (from the Department of Tissue Engineering and Biophotonics at the King's College London Dental Institute), and her team worked to determine which foods and drinks proved to be most devastating in causing dental erosion.

The Power of Sweetness

It should come as no surprise that foods and drinks high in acidic content tend to be the biggest culprits in causing tooth erosion. Many acidic foods and drinks are also sweetly flavored, which leads to higher consumption among individuals with a preference for sweetness.

In their quest to identify which foods and beverages were more likely to cause tooth erosion, everyone expected those items considered to be highly acidic to make the top of the list. But what remained puzzling was the fact that not all individuals were affected equally when consuming foods and drinks with the same high acidic content.

One puzzle that the researchers hoped to solve was why some people tended to suffer more from tooth erosion than others when all of the group consumed sweet drinks and foods equally. The fact that some people were more greatly impacted by the consumption of sodas and fruit juices had to be caused by something more than just the acid content.

The What, When, and How of Drinking and Eating

It turns out that it is not just what you are eating and drinking, but when and how you consume your meals and snacks that can impact tooth erosion.

The team then examined another study which monitored the dietary habits of 600 participants who had similar dietary intakes. Half of the participants experienced noticeable dental erosion, while the other half exhibited normal wear and tear of their teeth.

This study focused on the timing, frequency, and duration of food and beverage intake over an extended period of time. The results of this analysis showed that those individuals who consumed foods and drinks higher in acidic content between meals showed an increased tendency in tooth erosion.

In addition to snacking between meals, how a person consumed those snacks and drinks also affected the end result of dental erosion. In essence, people who tend to sip, swill, or savor their sweet drinks and foods are exposing themselves to higher incidents of tooth erosion.

Improving Consumption Habits

With a little reflection, it is easy to see how allowing acidic foods and drinks to linger in the mouth can create an ideal bacterial environment for demineralization and erosion to take hold.

Further analysis pointed out that consuming the same sweetened foods and drinks during a meal causes significantly less damage. One of the reasons behind this difference is that we tend to swallow the liquids in our mouth faster when we are eating food. Also, as food is chewed and broken down, it serves as a scrubbing mechanism to loosen and remove acids from tooth enamel.

While the idea of savoring the flavor of a drink by allowing it to remain in the mouth longer than usual may sound appealing, the image of creating a fertile bacterial foundation designed to destroy tooth enamel is horrifying.

What You Can Do

There is no need for drastic changes in your eating and drinking habits. Modest modifications can make a world of difference in reducing tooth erosion.

For instance, if you love to have a soda or fruit juice between meals, include a glass of water. Once you have finished your sweet drink, wash away the sweet residue of that drink with a gulp of fresh water.

Of course, reducing the amount of foods high in acidic content and brushing after meals and snacks (waiting 20-30 minutes after consumption) are both highly recommended habits to form.

Most importantly, always be aware of what you eat or drink, when you do it, and how you consume it.

文章來源：<https://www.todaysrdh.com/skip-the-sip-reducing-tooth-erosion/>