

## ACID REFLUX - G.E.R.D

Gastro esophageal reflux disease, and any condition which causes acid to remain in the mouth is of great concern to us because it causes risk of Barret's Syndrome (a pre-cancerous condition) and damage to the teeth.



*Phil MaCavity says "Just Floss 'Em"*

There are some important protective measures which can be taken to reduce to risk of damage to the teeth.

1. After an acidic episode rinse well with water and swallow to flush out the esophagus.
2. Rinse with bicarbonate of soda (an antacid). The solution, a heaped table spoon of powder in a glass of water, can be made up and kept to the side for use.
3. Stimulate salivary flow by chewing on Xyletol gum. Saliva reconstitutes the tooth surface a remarkable property.
4. Wait for an hour before eating or brushing teeth with fluoride toothpaste.
5. Avoid acid foods and drinks particularly at the end of the day
6. Your teeth can be sealed to reduce the risk of acid dissolving the tooth away. This process needs to be repeated, but it is better and cheaper than crowning your teeth.
7. If you are taking a combination of three or more medications on a regular basis, you probably have a reduced salivary flow and a dry mouth. 60% of medications administered in this country cause Xerostomia (Dry Mouth). You should discuss drug options with your physician.

We want you to be happy with your teeth. Let us help you. - Thank you.

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