

# Your Amazing Teeth

## How To Tell Your Teeth: Stop Being So Sensitive

(NAPSA)—If you're like most people, you might experience tooth sensitivity at one point in your lifetime, a condition characterized by a tingly feeling or a flash of pain that can affect certain areas of a tooth, or all or some of your teeth. Fortunately, there are effective solutions to help ease the pain.

### The Problem

Sensitive teeth can mean significant pain and can affect daily activities such as eating, drinking, and even brushing your teeth. In some cases, the pain and discomfort can even lead to painful dentist office visits or costly dental procedures.

### What Causes Sensitive Teeth?

Sensitivity can occur because of loss of enamel, which is the hard outer layer of teeth, and recessed gums. More than 50 percent of adults have gum recession.

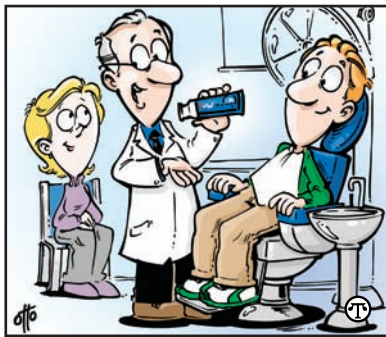
Sensitive teeth occur when the underlying layer of your teeth, called dentin, becomes exposed as a result of receding gum tissue. The roots of the teeth, which are not covered by hard enamel, contain tiny tubules leading to the nerve center in your tooth. These tubules, which act like channels, let various stimuli, such as hot or cold foods or beverages, reach the nerve in your tooth, resulting in pain.

### How To Reduce Sensitivity

According to public health dentist Dr. Robert Gerlach, there are several steps you can take:

- **Maintain good oral hygiene**

Follow proper brushing and flossing techniques to thoroughly clean all parts of your teeth and mouth. Make sure to choose floss that is extra soft and eases any difficulty or discomfort you may associate with flossing.



**Regular dental care and a sensitivity toothpaste with no trade-offs can help keep your smile healthy and pain free.**

- **Watch what you eat**

Frequent consumption of acidic foods can gradually dissolve tooth enamel and lead to dentin exposure.

- **Use a soft-bristled toothbrush**

If you have sensitive gums, try an extra-soft toothbrush and always be sure to brush gently and carefully to prevent damage to teeth and gums.

- **Choose the right sensitivity toothpaste**

That means no trade-offs when it comes to sensitivity protection and the overall benefits you need for healthy teeth and gums. One, Crest Pro-Health Sensitive Shield, not only relieves tooth sensitivity but also protects all these areas dentists check most: cavities, gingivitis, plaque, tartar, sensitivity, whitening and fresh breath.

- **Visit your dentist** every six months for professional cleanings and oral exams.

### Learn More

You can learn more about sensitivity protection when you go online at [www.crestprohealth.com](http://www.crestprohealth.com).