



## DENTAL HEALTH TIP

If untreated, acid reflux can result in serious and costly dental issues.

### Acid reflux can impact your oral health

Acid reflux is the uncomfortable sensation when your body regurgitates stomach acid into your esophagus, causing heartburn. This affects over seven million people and can impact your oral health. Chronic exposure of acid can result in gum disease, bone loss and cause your teeth to become sensitive and turn dark yellow.

### You may have acid reflux and not even know it

Symptoms of acid reflux include persistent dry cough, sore throat, hoarseness, heartburn, difficulty swallowing, sinus infections, bad breath, chest pain and nausea. If you have any of these symptoms, see your doctor.

### Talk to your dentist

Be sure to tell your dentist if you have experienced or are being treated for acid reflux. Your dentist will watch carefully for tooth damage and may prescribe a fluoride rinse to protect your teeth from the acid damage.