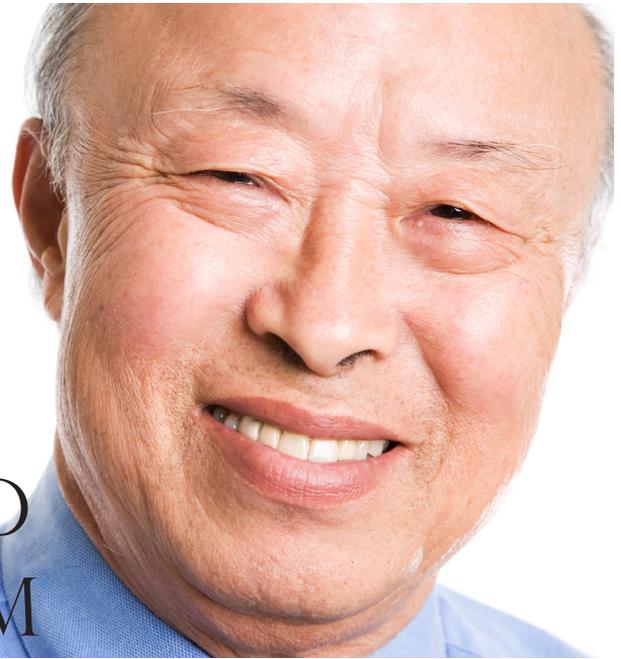


# SENSITIVE TEETH – WHY YOU SHOULD NOT IGNORE THEM



DOES THE WARMTH OF YOUR MORNING COFFEE LINGER ON LONGER THAN IT SHOULD? IS YOUR ICE CREAM FIX STARTING to give you more grief than pleasure? And has that recent tooth colored filling that was recommended by your dentist to replace your old silver amalgam, still sensitive and hurting?

If you have experienced any of the above thoughts in recent times, proactive action (or indifference), to make an appointment to see your dentist will make a big difference in how the “sensitive teeth syndrome” will pan out. Common symptoms associated with **sensitive teeth are but a precursor of a huge variety of possible dental diagnosis including but not limited to:**

- Receding Gums
- Erosion of enamel and dentine (the hard layers of the tooth) from diet or excessive grinding (bruxism)
- Dental cavity from decay
- Cracked or fractured teeth
- Chronic gum disease (or periodontitis)
- Recent routine dental procedures (eg deep fillings, crowns, veneers, teeth whitening)

Sensitive teeth symptoms, when only confined to receding gums and a recent acidic diet, then the problem is easily managed. However, a chronic grinding of the teeth, or gastric reflux (which erodes the surfaces of the teeth) can only be properly managed if they were first diagnosed by an experienced clinician and managed accordingly. **An undiagnosed carious cavity in the mouth can only lead to significant destruction of the tooth/teeth**, and if untreated till a late stage, the tooth may not even be salvageable. For teeth that have large cavities, more often than not, a root canal procedure should be performed by an endodontist (or root canal specialist), followed by a crown to protect the tooth soon after.

Tooth sensitivity are one of the earliest symptoms of crack teeth, and they are usually not diagnosed if they are not consciously looked for. Cracked teeth could be as uncomplicated as crazed lines which stains with red wine, tobacco or coffee, to one of a deep vertical catastrophic crack. **Endodontists are typically the best clinicians to manage cracked teeth as they usually work with a surgical operating microscope and are in the best position to detect and treat the cracked tooth.**

Whilst receding gums can often be managed with an improvement of oral hygiene habits, chronic gum disease certainly requires professional intervention and often, even a periodontist or gum specialist. **Chronic gum diseases are also associated with a higher incidence of diabetes, heart diseases and also low birth weight infants.**

It is near to impossible for most untrained laypeople to discern what is/are the true cause of their sensitive teeth, self help is usually not a wise decision. Even for something that appears to be an innocuous as sensitive teeth, a quick visit to your dentist to figure out the cause of the sensitivity will likely prevent the need for more expensive, complex dental or medical procedures later on. ■



DR JOHNATHAN WEE | Endodontist

BDS (Singapore), Cert. in Endodontics (Loma Linda, USA),  
FAMS (Endodontics) Practice Restricted to Endodontics

Advent Endodontics Inc.

290 Orchard Road #11-10 Paragon. Tel: 6100 3636

enquiries@adventendodontics.com | www.adventendodontics.com