

Orange Juice And Teeth - A Rotten Cocktail



Released on: July 8, 2009, 1:01 am

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Industry: [Healthcare](#)

A refreshing glass of orange juice with your breakfast might not be quite as beneficial as you once thought.

Recent studies have revealed that some juices are so acidic they erode teeth enamel with every sip. Dr Yan-Fang Ren, of the Eastman Institute for Oral Health, reported that the acid in orange juice 'is so strong that the tooth is literally washed away'.

Using a revolutionary vertical scanning microscope for the first time, the researchers were able to see the extensive surface detail on teeth.

Such juice-drinking has further, negative implications; the unnatural acceleration of erosion of the teeth that it causes substantially increases the risk of development and spread of tooth decay.

However, for those among you on a quest for healthy, pearly whites, fear not! The Hospital Group, one of the country's leading plastic surgery providers, offer a range of dental treatments in its specialist cosmetic dentistry clinics located around the UK.



Teeth whitening, pain-free veneers, white fillings and porcelain crowns are just a few of the popular treatments available at the NuSmile dentistry treatment centres across the country.

Since The Hospital Group was established in 1992, it has grown from a small pharmaceutical company to one of the UK's foremost [plastic surgery](#) providers. The Group is committed to providing the very highest standards and all procedures are performed by an expert medical team in state-of-the-art facilities that are second to none.

For further information on The Hospital Group's range of dentistry procedures please visit www.thehospitalgroup.org or call 0845 762 6727.

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