

# Love to Party ?? Hard partying and its consequences on Teeth !!

In today's fast paced life, we have more incidences where young adults get addicted to booze, drugs and smoking. It is the Cool and In thing to do..to fit in ! While there are a lot of obvious consequences to these vices, there are a lot of unknown/undiscussed issues that hit the oral cavity that they may be unaware of.. Read on to see what could happen to your mouth which happens to be the first point of contact of these vices !! And then decide...IS IT WORTH IT ???

Over time, drugs and booze tend to wreak havoc on our teeth and gums, so it's no wonder that many sober people are daunted by dentists. But denial is not the answer. Here's why it's important to brave up. Of course, as many newly sober people can attest, you don't have to have been living in a cardboard box to be plagued by teeth issues in recovery

Addicts or alcoholics often come in with terrible teeth. Alcoholics typically battle two issues: the alcohol irritates all the soft tissue in the mouth and it decreases the amount of natural saliva. In terms of the tissue, the skin of the mouth is very delicate and the alcohol is corrosive to the gums, cheeks and skin. It can affect the way the tissue cells divide, which is why people who drink heavily have a greater chance

of getting mouth or throat cancer. It is the brutal combination of alcoholism with smoking that tends to cause periodontal disease—which, over the long run, can lead to tooth loss because of decay or cavities. Gum disease is the primary cause of tooth loss. Gum disease causes teeth to get



loose within the gum. The gum erodes and can no longer support the teeth. Drinking, drugs, and smoking—all of which cause dry mouth, exacerbate this problem. Saliva is a natural healing property that helps to fight bacteria. When the mouth is dry, bacteria grows, which breaks down the gums, and jeopardizes the teeth.

Yet just getting sober, finding a dentist and breaking out the floss doesn't mean that tooth challenges are over. As anyone who's ever had a drill shoved into his or her mouth can surely attest, pain management is a crucial aspect of dental work, and sober addicts—even those who never contemplated abusing painkillers in the past—are

often advised to avoid the Percocet (Narcotic painkiller) route if they can. Heavy-duty painkillers are rarely necessary.

So what, exactly, is going on inside the mouths of the former meth heads-Drug users? The decay gets severe within a very short period of time, and the problem is not only with the teeth but with the gums and soft tissues in the mouth. Meth users usually don't care about their mouth so not only do they have a lot of bacteria but they're also not doing a lot of cleaning or oral hygiene. Also, for meth smokers, the smoke is very corrosive, upbraiding the enamel to the point where the user will take their teeth down to the dentin, which is the softer tissue underneath the enamel. Once you reach that point, the tooth can decay very fast.

Still, the rewards for dentists who work with addicts in recovery far outweigh the frustrations. The first thing that dental work improves is someone's self-esteem. For a lot of people, they've been afraid to smile, so once they can, their confidence improves and they begin to feel good about themselves. The way to a Healthy life is a Healthy Body through a Healthy mouth !!



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