

From the desk of
Dr. Bruce J Trivellini DDS

Have you ever considered how bottled water can effect tooth decay?

PH levels differs in all liquid solutions. Acid ph causes tooth decay.

- **Ph is the chemical measure of acidity or alkalinity of a solution.** The chemical definition is the Hydrogen ion activity in gram equivalents per liter of the solution. Numerically ph 7 is neutral. Below 7 the solution is acidic and above 7 the solution is alkaline.
- **Decay begins in the mouth because the ph drops below 5.6 and enamel loses calcium.** When the ph goes below 7 your body begins to take certain steps to help neutralize the acidity. Saliva plays a big role in neutralizing any acidic solutions you put into your mouth.
- **As we all get older, we all experience reduced salivary flow.** This means our natural defenses begin to diminish. This is why decay rates increase as we get older.
- **The items we consume that are listed below have low ph thus are considered to be strong acids:**
 - **Coffee:** with a ph of 5 coffee is highly acidic.
 - **Bottled water:** many of the commercially prepared waters that we all drink are highly acidic. Below are the brands with their corresponding ph measurements:
 - **Aquafina (made by Pepsi) 4.0**
 - **Dasani (made by Coke) 4.0**
 - **Pellegrino 4.0**
 - **Perrier 4.0**
 - **Bottled waters that are not acidic with their corresponding ph measurements:**
 - **Crystal Geyser Water 7.0**
 - **Whole Foods 365 Water 7.5**
 - **Zephyrhills Water 7.5**
 - **Fiji Water 7.5**

- **Eden Springs Water 7.9**
- **Deep Rock Water 8.0**
- **Evamore Water 8.0**

So the moral of this story is that the coffee and water we are drinking increases the risk of getting tooth decay. We must all be aware of this so certain precautions can be taken.

We look forward to answering all of your questions at your next periodic examination appointment.

I would like to take this time to thank you for reading this tutorial. I am honored that you have selected me to be your dental healthcare provider,

Dr. Bruce J. Trivellini, DDS

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