



## Sports Drinks Can Damage Your Teeth?

Most children look forward to playing sports through middle school and high school and you are always in need for a good thirst quenching drink while playing sports. Who wants to drink boring old water, when sports drinks taste so much better? Most kids turn to sports drinks. You may think that these drinks are a good boost while playing a hard game of soccer, but this is not the case. They put you at a much higher risk to develop cavities or tooth decay. This damage can be caused even after only five days of consistent use.

How can you help this without cutting sports drinks out completely?

- Try drinking them through a straw.
- Add water to the drink to neutralize the effects.
- Chew sugar-free gum or rinse your mouth with water.
- Wait at least 30 minutes before brushing your teeth after drinking to reduce the corrosion of your tooth's dentin and enamel.



Think about your teeth before you pour that sports drink! Maintaining oral health can keep you healthier in many other ways!

Visit [UnitedConcordia.com](http://UnitedConcordia.com) for more tips for a healthier mouth.