



FOR IMMEDIATE RELEASE

September 16, 2008

FOR MORE INFORMATION

Bethann Dacey

(800) 342-8747

Putting Some Pep in Your Step, Not in Your Sip

The popularity of many energy drinks is on the rise, especially among adolescents and young adults looking for that late-night study boost. However, the Massachusetts Dental Society warns that these trendy drinks are full of calories, caffeine, and sugar, and may be harmful to your teeth.

Most of these canned beverages are marketed as “high-energy,” claiming to give you a boost in alertness and energy after consuming them. This boost comes from the addition of caffeine, as well as natural substances and vitamins. The drinks also contain a great deal of sugar, artificial colors and flavors, as well as acids that can wear away at the enamel of the teeth. Many of these canned drinks are often labeled as two servings, though many consumers don’t read the nutrition label thoroughly and will drink the beverage in one sitting.

“If these beverages are consumed frequently, the teeth will suffer,” says James S. Cinamon, DMD, a general dentist in Framingham. “It is important to rinse the sugars and acids from the teeth vigorously. Brushing and flossing frequently and using a high-fluoride toothpaste or even a fluoride rinse are all helpful.”

If you do consume these high-energy beverages, sipping through a straw and drinking a glass of water afterward can also minimize exposure and damage to the teeth. This will help by diluting the sugars and acids from the tooth enamel.

The Massachusetts Dental Society recommends getting plenty of sleep, eating a well-balanced diet, and exercising as natural ways to maintain energy levels. Walking, jogging, or participating in other cardiovascular activities can also have a positive effect on your mood and energy levels. Drinking plenty of water and avoiding overly-caffeinated and sugary beverages can help you to stay hydrated and focused—and keep your teeth healthy, too.

###

The Massachusetts Dental Society is a 5,000-member professional association and statewide constituent of the American Dental Association.