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WHAT CAUSES SENSITIVE TEETH



If you have recently been avoiding certain hot or cold foods due to pain in your teeth, then you may be experiencing a common condition called **teeth sensitivity**.



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The pain associated with sensitive teeth can range from something as mild as a twinge upon taking a bite of candy to sharp, shooting pain upon exposure to heat or cold.



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It may also occur in only one tooth or several all at once. Although sensitive teeth can occur at any age ...



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... it is more common among older adults due to the wear and tear on a person's mouth that occurs over the years.



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To help you identify the cause of your teeth sensitivity, here are the most common reasons along with the possible treatments that may reduce your pain.

COMMON CAUSES

When you mention that your teeth are sensitive, your dentist will conduct a thorough exam that may reveal one or more of the following causes.





TOOTH DECAY



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When cavities break through the enamel, the dentin is exposed which allows for the sensations caused by heat or cold to reach the nerves.



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If decay is untreated long enough it can go even deeper to the nerve and cause a painful infection.



GUM DISEASE



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Periodontal disease can allow pockets to form along the gum line that expose the roots to painful stimuli.



WORN FILLING OR TOOTH FRACTURE



Similar to tooth decay, a worn filling or tooth fracture allows cold and heat to reach the dentin.



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