

# This month at ...

COTTINGHAM  
DENTAL PRACTICE



## Cheers to oral health

Have you thought about taking part in the Dry January Challenge, promoted by the charity Alcohol Change UK? Maybe you are interested in committing to an alcohol-free few weeks, but not sure about the benefits?

Visit [alcoholchange.org.uk/blog/benefits-of-dry-january-and-when-you-can-expect-to-see-them](https://alcoholchange.org.uk/blog/benefits-of-dry-january-and-when-you-can-expect-to-see-them) for full details and advice

While many people are aware of the general health benefits of reducing their alcohol intake, one aspect that is often overlooked is its positive impact on oral health.

### Improved gum health

Excessive alcohol consumption can lead to a dry mouth, reducing saliva production. Saliva is crucial for maintaining oral health as it helps neutralise the pH in the mouth, promoting the remineralisation of tooth enamel. When alcohol dries out the mouth, it creates an environment where harmful bacteria can thrive, increasing the risk of gum disease. Giving up alcohol can lead to better saliva flow, ultimately improving gum health and reducing the likelihood of periodontal issues.

### Reduced risk of mouth cancer

Alcohol consumption, especially in combination with tobacco use, is a significant risk factor for mouth cancer. In fact, excessive alcohol consumption is linked to around one in every three cases. If you were to give up drinking you can significantly reduce the risk of developing cancers in the mouth, throat, and oesophagus.

### Prevention of tooth decay

Alcoholic drinks often contain sugars and acids that can contribute to tooth decay. Plus, the dehydrating effects of alcohol can lead to a decrease in saliva flow, impairing the mouth's ability to naturally cleanse and protect teeth. Some alcoholic drinks are more sugary than others. If you're partial to spirits, the sugar in mixers can be especially high. Look out for sugar-free or low-sugar options.

Sugar in wine can also vary wildly. Dry red wines or dry white wines have around 2 grams of sugar



per standard glass. Off-dry wines (which means slightly sweet) have around 3-5 grams, and sweeter wines like Sauternes have 10 grams. Late harvest wines can contain a whopping 20 grams of sugar per glass.

### Say goodbye to stains

Many alcoholic beverages, such as red wine and certain cocktails, are notorious for staining teeth. These stains can be unsightly and challenging to remove with regular brushing alone. By reducing your alcohol consumption, you not only eliminate the source of these stains but also make it easier to maintain a brighter and whiter smile.

**Healthier** insides.  
**Fuller** wallet.  
**Deeper** sleep.  
**Boosted** energy.  
**Sharper** concentration.  
**Mindful** year-round drinking.



Double your chances of a successful Dry January® challenge with the free Try Dry® app  
[dryjanuary.org.uk](https://dryjanuary.org.uk)

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