

# MEDIA RELEASE

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## EASY TIPS TO ENJOY FESTIVE TREATS AND MAINTAIN YOUR ORAL HEALTH THIS CHRISTMAS SEASON

The Australian Dental Association NSW (ADA NSW) is reminding us all that with the increased consumption of sugar-rich treats such as fruit mince tarts, wine, soft drinks, and candy canes, we can enjoy these in moderation and ensure we don't get cavities in the new year.

"You can have your cake and eat it too – just eat cheese and drink water after enjoying these sweeter foods and drinks, and maintain your regular brushing and flossing routine," said ADA NSW President Dr Rohan Krishnan, who also runs a dental practice in Sydney's West Pymble.

Here are some easy reminders of how we can do the right thing by our oral health this holiday season:

- 1. Eat cheese with your festive foods and drinks:** Cheese remineralises tooth enamel reducing tooth decay and dental erosion. When eating sugary treats, which demineralises tooth enamel and causing tooth decay, or sipping mulled or red wine which has high acid levels, also causing tooth erosion, we know eating cheese at the same time counteracts these negative side effects.
- 2. Have regular sips of tap water:** Tap water cleansers teeth, and reduces acids and sugars in the mouth, while the small amounts of fluoride in tap water remineralises tooth enamel. Water also hydrates – counteracting the dehydrating effects of alcohol. Ideally, that tap water has fluoride in it too.  
"The ADA NSW recommends moderation when it comes to eating of sugary treats and drinking alcohol for your overall well-being including your oral health," added Dr Krishnan.
- 3. Don't let your oral health routine slip:** Late nights and vacations away from the routine are likely over the festive period but it is vital to make a point of maintaining your usual oral hygiene practices, including brushing your teeth twice a day and flossing at least once a day.  
"We recommend swapping your electric toothbrush for a quality manual one that's easier to transport and pack your floss too. After eating or drinking acidic products, wait at least 30 minutes before brushing your teeth to avoid brushing away the acid-weakened enamel," added Dr Krishnan.
- 4. Choose your sugar wisely:** Eating hard sugary foods like candies can result in damage to your teeth, including broken or chipped teeth which will require emergency dental care in some cases. Chewing sugar-free gum can also help reduce mouth bacteria and rinse your mouth with water after alcoholic beverages or sweet treats.

- Ends

**About:** ADA NSW is the peak body representing dentists and dental students in NSW and the ACT, with about 5,000 members. We have been supporting dentists and promoting good oral health in the community since 1929.

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