

Drinking too much alcohol can really impact on your oral health



- **Acidic alcoholic drinks** such as white wine, beer and cider can lead to **erosion of the enamel** of your teeth
 - **Spirits** such as vodka and whiskey are very high in alcohol and can give you **dry mouth**
 - Sugar is present in many **mixers and alcopops** which can cause **dental decay**
 - Alcohol also contains **chemicals** that can damage the DNA in cells and can lead to **mouth and throat cancers**

Cut down to reduce your risk



Top tips to reduce the effects of alcohol on your teeth and mouth

- ✓ **Drink water after an alcoholic drink** to re-balance PH levels and wash some of the sugar away
- ✓ **Try and keep the alcohol confined to mealtimes** to reduce the intensity of the acid "attack"
- ✓ **A mouthwash can also help wash away acidic substances**
read the packaging prior to purchase

