

Tooth decay is on the rise

It's because of the unholy trio of soda, sports drink and juice. *by Dr. Susan Maples*

So you've stopped for fast food and everyone in your family is trying to figure out what there is to drink... besides water. One child wants Orange soda, another, Sprite. Your spouse chooses Powerade and you...setting a healthy example, grab cranberry juice. Sadly, it turns out that they ALL contain a boatload of sugar and no fiber! So if you choose these regularly, they ALL add to the recipe for tooth decay, obesity, type 2 diabetes, heart disease, and the list goes on.

Tooth decay is on the rise. Not so long ago I spent a bleak January day examining 17 college students who were home for winter break. By the end of the day, I was ready to cry. All but one of these young patients had brand new cavities. Sweet drinks were literally destroying their teeth—to say nothing of loading fat on their vital organs. I realized we all need to revamp health education for young patients.

Try an experiment from Dr. Susan's Hands-On Learning Lab:

To illustrate the amount of sugar in your sweet drink, grab a funnel and a clear empty bottle. Spoon the amount of sugar indicated on the label. For example, if you have a 20-ounce bottle of Gatorade® Lemon-Lime Thirst Quencher in your hand you will see the top two ingredients are water and sugar. How much sugar? 34 grams per 20 oz. serving. (You must always check the serving size so as not to assume the number of grams represents the whole container.) For sugar, 4 grams equals a teaspoon. So this Gatorade® contains 8.5 teaspoons of sugar.

From 1970 to today our consumption of sugar-sweetened soda has more than doubled to an average of 45 gallons a year per person—about two 8-ounce cans every day. And although soda consumption dropped to 32 gallons a year per person in 2011, there was no basis for a Hurrah! Instead we spiked in the consumption of alternative sweet drinks like teas, sports drinks, vitamin water and

energy drinks, adding up to 13 gallons a person per year. Presto....we're averaging 45 gallons a year now....per person!

Secret #57: Drinks touted as healthy, including 100% fruit juice and electrolyte-filled sports drinks, are some of the worst offenders in the sugar scheme. The solution: Drink water, eat real fruit, with all the fiber and micronutrients, and forget about sports drinks until you are training for the Boston marathon. It's just plain overkill. (Excerpt from Dr. Susan's book: *BlabberMouth! 77 Secrets Only Your Mouth Can Tell You To Live a Healthier, Happier, Sexier Life.*)

It's time to get fed up! It's up to us in 2016 to stop the craziness and spread the word about the health hazards of sugared drinks!



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