

# Common Problems

## Tooth Decay

While caries might not endanger your life, they may negatively impact your quality of life. When your teeth and gums are consistently exposed to large amounts of starches and sugars, acids may form that begin to eat away at tooth enamel.

## Sensitive Teeth

Your teeth expand and contract in reaction to changes in temperature. Hot and cold food and beverages can cause pain or irritation to people with sensitive teeth.

## Gum Disease

Gum, or periodontal, disease can cause inflammation, tooth loss and bone damage. One indicator of gum disease is consistent bad breath or a bad taste in the mouth.

## Bad Breath (Halitosis)

Food particles left in the mouth deteriorate and cause bad breath. While certain foods, such as garlic or anchovies, may create temporary bad breath, consistent bad breath may be a sign of gum disease or another dental problem.

## Canker Sores

Canker sores (aphthous ulcers) are small sores inside the mouth that often recur. The canker sore has a white or gray base surrounded by a red border.

## Orthodontic Problems

A bite that does not meet properly (a malocclusion) can be inherited, or some types may be acquired. Some causes of malocclusion include missing or extra teeth, crowded teeth or misaligned jaws. Accidents or developmental issues, such as finger or thumb sucking over an extended period of time, may cause malocclusions.