

### *Soft drinks and braces:*

Research has long ago shown the effect of soft drinks on dental enamel. We know of the weakening of enamel because of the sugar content of carbonated soda drinks. Since the advent of diet drinks, the amount of sugar consumed can be reduced by making a choice of sweetening provided by something other than table sugar. However, there is another concern found with soft drinks.

Recently, research has shown acidic soft drinks consumed by patients (specifically Coca Cola and Sprite in the referenced study) also cause the adhesive used to hold brackets in place to deteriorate. The pH of carbonated drinks, whether diet or 'regular', is considered acidic.

The authors of the study conclude orthodontists should recommend their patients avoid all acidic soft drinks during the active phase of orthodontic treatment. For patients in braces, their words are translated: 'When you are in braces, don't consume soft drinks, diet or otherwise'.

**Based on:** Oncag G, Tuncer AV, Tosun YS: Acidic Soft Drink Effects on the Shear Bond Strength of Orthodontic Brackets and a Scanning Electron Microscopy Evaluation of the Enamel. Angle Orthod; 2005; 75 (March): 247-253