

ATLANTA, GA, September 19, 2013 /**24-7PressRelease**/ -- Norcross Dental Associates, which treats patients throughout Gwinnett County, notes that tooth sensitivity can be a painful condition that is exacerbated by hot or cold food and even by breathing cold air. The [Norcross dentists](#) discuss the causes of tooth sensitivity and offers steps that anyone can take to help prevent it.

Types of Tooth Sensitivity

There are two types of tooth sensitivity. The first is caused by exposed dentin, which is the second layer of the tooth. Dentinal sensitivity happens when acid wears away enamel. Dentin makes up most of the tooth and if it becomes exposed, pressure and temperature changes go right to the nerve endings. The second type is caused by exposed pulp. The pulp is the most important and most sensitive part of the tooth. Unlike dentinal sensitivity, pulpal sensitivity only affects one tooth.

Causes of Dentinal Sensitivity

Dentinal sensitivity has a number of causes. Dentinal sensitivity can result from a buildup of plaque or tartar when teeth are not brushed as often or as thoroughly as recommended. Soft drinks, if drunk in excess, can also cause dentin exposure due to their high sugar content.

Dentinal sensitivity can also result from untreated dental issues such as periodontal disease and flawed or neglected dental work. For instance, if old fillings are not replaced when they start to crack, fluid buildup in the tooth occurs. Misalignment of teeth, if not corrected, can cause gradual erosion of teeth. If [tooth whitening](#) is not done properly, it too can cause corrosion of the enamel and exposed dentin.

Causes of Pulpal Sensitivity

Pulpal sensitivity can be the result of neglected or improper dental care that leaves the pulp exposed. This can happen, for example, if a dentist does not properly excavate a tooth prior to a filling it. Tooth decay, if left untreated, makes its way to the pulp. A cracked or fractured tooth can expose pulp and cause sensitivity. Excessive pressure from an irregular bite can also wear off the enamel and dentin, exposing the pulp.

How Tooth Sensitivity is Treated

If a person suffers from dentinal sensitivity, the dentist can scale or clean the teeth and then apply a fluoride varnish to protect them. If the pulp is exposed, a root canal treatment is done to remove the damaged nerve and replace it with a non-reactive substance.

Of course, it is far better to take steps to prevent the conditions that cause tooth sensitivity.

"A great many causes of tooth sensitivity result from poor dental hygiene and failure to get dental problems fixed," Ken Tralongo, CEO of Tralongo Management, said. "That is why regular check-ups by a qualified dentist are essential. Our [dentists in Norcross, Georgia](#), advise their patients to actively prevent or treat dental problems before sensitivity occurs."

To find out more about Norcross Dental Associates or make an appointment, visit <http://www.norcrossdentalassociates.com/>.

About Norcross Dental Associates:

Norcross Dental Associates is a comprehensive family dental practice. A team of highly trained and experienced professionals provide general, restorative and [cosmetic dentistry](#). The goal of each Norcross dentist specialist is to deliver top-quality care in a warm and compassionate environment.

Learn more at <http://www.norcrossdentalassociates.com/>.