



WATCH OUT FOR BULIMIA

Bulimia is detrimental to your child's bright smile. Know the warning signs of this eating disorder and partner with your dentist to protect your child's teeth and overall health.

WHAT IS IT?

People with bulimia are preoccupied with food consumption and their weight. The illness can be caused by physical, emotional or social issues.¹

People with bulimia tend to:

- › Eat compulsively (binge).
- › Rid themselves of food (purge) by vomiting, exercising too much or using medicines such as laxatives.

EFFECT ON TEETH

Vomiting brings stomach acids into the mouth, which damages teeth. Many people with this illness experience:

- › Eroded tooth enamel
- › Tooth sensitivity
- › Thin and chipped teeth

WHAT TO DO ABOUT IT...

MINIMIZE THE DAMAGE¹

- While children are suffering from bulimia, they can lessen the effects of vomiting on teeth.
- › Immediately after throwing up, rinse with baking soda to help neutralize the effects of the stomach acid.
 - › Maintain meticulous oral health care by regular brushing and flossing.

BE PROACTIVE

- Make sure your child receives regular dental checkups. Your dentist may be able to:
- › Detect enamel erosion due to bulimia during oral exams
 - › Recommend a therapist who treats this disorder

RECOGNIZING THE SIGNS²

- Here are some common oral problems associated with bulimia:
- › Bad breath or dry mouth
 - › Sensitive teeth
 - › Teeth that are worn, eroded or appear almost translucent
 - › Tender mouth, throat and salivary glands
 - › Mouth sores, cracked lips or bleeding gums

DID YOU KNOW?

Nearly 20 million women and 10 million men are affected by anorexia or bulimia.³

¹ Information courtesy of the American Dental Association, "Eating Disorders," 2014.

² Information courtesy of the Academy of General Dentistry, "How your dentist can detect an eating disorder," 2012.

³ Information courtesy of the National Eating Disorders Association (NEDA), "Get the Facts on Eating Disorders," 2014.

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