



Chewing ice may be refreshing, but it can be risky to your teeth!

Are you an ice chews? For whatever reason you're satisfied by the cool crunch of ice, but it can seriously damage your teeth.

THEY WEREN'T BUILT FOR IT!

Your teeth are designed to last you a lifetime with proper care, but they were made for food only. Chewing ice, a habit your teeth were not built for, can cause a host of problems. Teeth can fracture, crack and chip, making them more sensitive and leading to further damage. In addition to your natural teeth, any dental work you may have is also subject to chipping and cracking that can lead to pain and costly repairs.

Ice chewing has also been linked to cases of anemia. If you find yourself constantly chewing ice, check with your physician to make sure there isn't an underlying reason for your habit.

IF YOU MUST...

In the meantime, if you must have something to chew on, dentists recommend sticking to sugar-free gum. And leave the ice in the ice machine!

For information on the TRICARE Dental Program, or to find more "Dental Health 101" tips, visit us online at www.TRICAREdentalprogram.com.