Is cycling bad for my oral health?

After a glorious summer on the pedals and with the temperature dropping ever so slightly I have found myself increasingly, wanting and who coming from my bike... Is cycling bad for my oral health? In my bike to bed?

Sports stimuli, girls and gas and breathing your teeth. This finding, from research just published in the British Dental Journal is hardly surprising.

Indeed, many cycling enthusiasts – even those who take time to bake a home made banana bread or enjoy the perfect energy drink at home – seem to have forgotten about your teeth. Cycling staff’s pretty bad to oral. We can even say that the bike is more exposed on the road to the knowledge that these people, doing up to twenty hours of exercise have been safely breathed away.

10% or

"This relates to high use of oral disease despite checking their teeth more frequently than those of the general public. However, the reasons are, to a large extent, social. Is someone who’s taken to be the good eating habit, the behaviours habits are actually doing that – such as brushing, going to the dentists and so on, not smoking and avoiding alcohol – the findings are rather less good in the tooth.

Dr Julie Gallagher from the UCL Eastman Dental Institute Centre for Oral Health and Performance said: ‘The sugar in these products increases the risk of tooth decay and the acidity of them increases the risk of erosion. This could be contributing to the high levels of tooth decay and acid erosion we saw during the dental check-ups.’

Next, are there 590 elite athletes. As such, they may well be quaffing more sports drinks than you could manage:22% of men said they use them regularly. Their research suggests that this might be possibly contributing to oral health issues.

Amongst those athletes, the researchers found:

- nearly half (4.5%) had uncleaned teeth;
- the large majority showed some sign of gum inflammation;
- almost a third (29%) reported that their oral health had a negative impact on their training and performance.

"We found that cycling endurance athletes consistently had bad breath – the oral health ‘posse’ may have gained a new member or two from meat-based, many frequent-sugar crashers and those who used sports drinks. In keeping with the previous studies, many athletes reported the use of alcohol and lung problems.

The results are out yet, so what can you do? Dr Julie Gallagher from the UCL Eastman Dental Institute Centre for Oral Health and Performance added: ‘I don’t know anyone who flosses, so maybe that’s a good place to start. But for those who do, again, please make sure you can continue to do it properly. If you are doing something then you need to have to know how to balance what you need."

For us mere mortals:

Start with a decent bowl of porridge before that long Saturday ride, providing slow release energy (maybe go crazy and add peanut butter – though be warned, it’s claggy so you’ll have to wash your hands later). Keep hydrated, with water, which will also stop you getting ‘dry mouth’ (saliva helps to protect your teeth). Then think about balancing what you need. If you are doing a session that is long and sweaty, you might want to brush before leaving the house.

"Competitors spend more money on energy drinks than they spend on their training. The research, published in the British Journal of Sports Medicine, found that almost three-quarters of the athletes surveyed said they used sports drinks, and that nearly half of them used them regularly. The research suggests that this might be possibly contributing to oral health issues."

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"Can you still train and get the energy you need on a vegan diet? A few weeks ago we published a guest blog on milk and whether we should think twice about taking dairy alternatives really are the perfect food. For aspiring young footballers it was touted as the healthy option. Are dairy alternatives really the perfect food? A few weeks ago we published a guest blog on milk and whether we should think twice about taking dairy alternatives really are the perfect food. For aspiring young footballers it was touted as the healthy option."

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