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For Immediate Release

The Rockbridge Area Free Clinic had the pleasure of having Ian Treger, an eighth grader at Lylburn Downing Middle School, speak about the hazards of soda on tooth decay. Last fall, Ian consulted with the RAFC Pediatric Dentist to get ideas about how to set up his experiment.

Ian won second place in his school science fair where he was competing against nineteen other students in his category. His goal was to determine the effects of soda on tooth decay. To do this he soaked teeth in three different kinds of soda: ginger ale, Sprite, and Coke. He took the teeth out of the soda every week to weigh them and found the teeth actually lost mass, a few grams weekly, due to being soaked in the soda. According to his findings, although ginger ale has the most sugar, Coke caused the most tooth decay. Diet sodas cause as much damage as the regular sodas for two reasons: diet sodas contain more sodium as well acid.

Ian returned to the Free Clinic recently to present the results of his experiment to the dental education class and some staff. Ian suggests not drinking soda everyday and brushing your teeth after drinking soda.

The Rockbridge Area Free Clinic conducts weekly mandatory dental education classes for all of its dental patients. Interested in learning more about the RAFC dental program? Contact Mary Jo Doig, Dental Care Coordinator at 464-8700, ext. 112.

The Rockbridge Area Free Clinic is a United Way organization.