



Chemical Erosion- Common causes

1. Acid Reflux—can be silent where patient is not aware of even have it. A leading physician and researcher on acid reflux is Dr. Jamie Koufman- <https://jamiekoufman.com/>. <http://www.voiceinstituteofnewyork.com/us-patients/> has a quiz- symptom index.
2. Bulimia
3. Acidic beverages (most everything that is packaged in a bottle or can is acidic. Energy drinks, soda, juices, wine, coffee, tea are all acidic.
4. Citrus fruits
5. Habits like chewing tobacco