Soda consumption in the United States has been on a steady rise since the 1940’s. Along with the increased consumption over time, there has been an increase in illness and disease that has plagued our society. Soft drinks contain many deleterious chemicals that have been linked to systemic diseases such as, obesity, type II diabetes, osteoporosis, depression and anxiety, kidney failure, cirrhosis, and cardiovascular disease, along with others. The concern is not limited to the systemic effects alone, but in turn, how these conditions affect the oral cavity. These conditions manifested themselves in ways such as, candidiasis, burning mouth and tongue, xerostomia leading to dental caries, hyperplasia, abscesses, bone loss, tooth mobility, tooth loss, aphthous ulcers, bruxism, crusted dermatitis, and periodontal disease, as well as others. These systemic and oral conditions can have a drastic, and at times, life altering impact on a persons quality of life (Leis-Keeling, 2010, p.16). Overall, the ingredients in soda have been attributed to our societies continuous health decline and weight gain. They have contributed to multiple systemic diseases and oral complications. Reduced consumption of soft drinks could eliminate the risks related to these diseases and oral complications.
References


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