HEALTH &WELLNESS

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Teeth Care

According to the American Academy of Periodontology, 50 percent of survey respondents said that a smile is the first feature they notice when meeting another person. Good oral hygiene is key not only for your smile, but impacts your overall health and well-being.
Good oral hygiene is indicated by:

- Teeth are clean and free of food and foreign particles.
- Gums are pink and do not bleed or hurt when brushed and flossed.
- Breath is fresh the majority of time.

Daily hygiene prevention is the key in managing your best oral health.
Smile for improved performance! Smiling uses energy, relaxes your mind and body and helps you feel more confident and energized.

Understanding the Teeth

Two-thirds of your teeth are unseen under the surface of your gums.

- ***Crown:*** the visible part of tooth that you can see. These have different shapes, based on functional purpose.
- ***Gumline:*** where the teeth meet the gums
- ***Pulp:*** the vital soft tissue in the center of each tooth containing the nerves and blood vessels. These tissues are sources of pain if decay reaches and infects these areas.
- ***Enamel:*** the outer layer of the tooth and the hardest tissue in the body. It can be damaged by tooth decay.
- ***Dentin:*** the inner structural layer of the tooth protected by the outer enamel.
- ***Root:*** embedded tooth structure within the jawbone holding the teeth in place. Two-thirds of the tooth.

Teeth Facts

- Teeth start to develop before birth and begin to show around 6 months.
- Children have 20 'baby teeth' and start to lose them around age 7.
- Adults have 32 permanent teeth
- Eight incisors – in the front of the mouth which help bite off food.
- Four canines – next to the incisors, which are sharp to help stab and control food.
- Eight molars – in the back of the mouth which help to grind food.
- Teeth do not self-repair or regenerate after injury or decay.
- More than 40 percent of people over the age of 65 no longer have all their teeth.
- 35 percent of population's wisdom teeth don't erupt or develop.
- USA consumers buy 14 million gallons of toothpaste ever year!
- Modern toothpaste has only been available for the past hundred years.
- Previously charcoal, chalk, ashes, lemon juice or honey-tobacco mix were used.
- Your mouth produces over 25,000 quarts of saliva throughout your life, which is enough to fill two swimming pools!

Healthy Teeth

- Bacteria develops within dental plaque which catches the sugars eaten. This sugar is broken down into acid causing decay to form. This process lasts for about 20 minutes every time sugar is consumed.
- Avoid and reduce the development of plaque by choosing unprocessed foods rather than sugary or fatty foods and drinks.
- Monitor tea, coffee, red wine and tobacco use which can all decrease the whiteness of your teeth.
- Daily tooth brushing and flossing:
  - Choose a soft brush to avoid damage to gums.
  - Brush lightly at a 45-degree angle
  - Brush two to three times daily for at least two minutes with a fluoride toothpaste, preferably after each meal.
  - Change your toothbrush at least every three to four months.
  - Never use someone else's toothbrush
- Visit the dentist two times year for professional cleaning & examination. Early treatment is key to prevent illness related to poor oral health.
- Wear a professionally customized or custom mouthguard in any sport where there is risk of dental injury. It may save your teeth and keep that smile!
- Seek treatment for temporomandibular joint (TMJ) pain early and avoid chewing a lot of gum or excessive hard chewy foods.

Dental Treatments

See a dentist for any of the following:

- Dental fillings, sealants & crowns to address areas of decay or tooth damage.
- Protective customized mouthguards
- Teeth alignment tools: there are a variety of orthodontic treatments with modern dental braces and retainers which may be virtually undetectable
- Implants and missing teeth
- Reshaping and tooth coloration treatments with veneers
- Teeth whitening
- TMJ or Jaw-joint pain dysfunction
- Abnormal bite
- Loose, cracked or broken teeth
- Toothache or swollen and bleeding gums
- Teeth sensitivity to cold or hot

Tooth Problems

- Tooth decay is one of the most preventable diseases.
- Halitosis (also known as bad breath) is most often a result of bacteria which develops from plaque and possible gum disease.
- The best prevention for halitosis is daily brushing & flossing. Alcohol-free mouth washes, no more than twice a day, may also help.
- See your dentist if bad breath or bleeding gums is persistent.
- Cavities are holes in the tooth enamel which are caused by decay from the build-up of plaque. If not treated, these holes can progress through the dentin layer to the pulp of the tooth and can cause pain and infection.
- Grinding Teeth/clenching jaw: Can cause wearing away of the protective enamel as well as jaw pain.
- Temporomandibular joint dysfunction can cause protective muscle guarding which contributes to jaw and neck pain and misalignment. It has various causes, including trauma, stress, clenching teeth, misalignment, and chewing very chewy foods.
- Tongue piercings, drinking high amounts of sugary drinks and repeated vomiting can all cause damage to your teeth.
- Chipped and broken teeth can be repaired with ceramic crowns or caps. If left untreated, such chips can lead to nerve irritation and TMJ issues. See a sports dentist for a custom mouthguard if you play a sport where dental trauma may occur.
- Wisdom teeth can start to emerge around ages 16-20 in the back of the mouth. If there is insufficient room, they become impacted and painful. See a dentist regarding whether they may need to be removed.