

DENTAL TRIVIA

- **Lead in toothpaste:** Toothpaste was first placed in collapsible tubes in the 1850's, and they were made of lead. This practice, though known to be potentially poisonous, continued through the 1950's. During WWII, containers were placed on the streets for collection of toothpaste tubes so the lead could be removed for making bullets.
- **Dentures are often deemed inevitable**, especially in families with in-dentured grand-parents or parents, yet they can be totally avoidable with proper oral care early on. Lack of "Family Values" of teeth often begins the process towards future loss of teeth. Dentures used to be a common wedding gift in the British Isles as people felt they would lose their teeth anyway, so had them removed at an early age.
- **Whole grains** are not only known to lower a person's risks for developing diabetes and heart disease, a new study suggests it helps lower the likelihood of gum disease (periodontitis). The study was well done, involving 34,000 men aged 40-75 over a 14 years period in Canada.
- **Bad breath** can be a warning sign of gum disease, dry mouth, or poor general health. If it is a constant problem not related to a love for garlic and onions, cigarettes or coffee, see your dentist for help.
- **Zane Gray** was a dentist before becoming a famous writer, as was Paul Revere.
- **Floss** was first manufactured in Massachusetts in 1882.
- **Reduced numbers of cavities** have been shown in U.S. and Japanese studies in those that consume black and green tea, aged cheddar, Swiss, and Monterey cheese.
- **By age 15**, one in three children will have a dental injury. Mouth-guards used during sports are not judged as "cool" by many sports kids, but can greatly reduce teeth damage, pain, emergency care, disfigurement, and their parents dental expenses. Athletes are 60 times more likely to damage their teeth when not wearing a mouthguard. A proactive parent will insist that their kids use a mouth-guard if they participate in any physical sports!
- **Extra teeth** are most likely to occur in the upper jaw.
- **Tooth pain** was treated with acupuncture dating back to 2700 B.C.
- **Reduced Dental Health Care Expenses.** Dental plaque remains on the teeth in two-thirds of people that brush 2 times a day because they do not know how to brush and floss correctly. See your dentist/hygienist for the most current recommendations. *Plaque* is responsible for cavities and gum disease. Dental education can reduce much of a person's dental health care expenses if it is followed. Only 22 percent of people floss, yet it could reduce dental health care costs by over 90% if done correctly and regularly.
- **95% of the population experiences gum disease problems in their lifetime.** This, and cavities, are the most common diseases in mankind and both are preventable diseases. Dental health care expenses are greatly reduced by being proactive.
- **Tongue cleaners** and dental cleaning sticks in Arabia and India have religious significance. Dental health care devices are deemed sacred.
- **Toothpaste** is recorded to have been used as long ago as 500 B.C. in China and India.
- **Fingerprints and teeth** are similar in that no two are exactly alike in different individuals. Every one of the thirty-two teeth are unique in development, and in changes from age and wear. It is common that an otherwise unidentifiable person (i.e. 911) can be positively identified by one tooth alone.
- **Denture** wearers eat only 5% to 20% as efficiently as those with natural teeth. Choking on food is more common with denture wearers and those with few teeth.
- **Mechanical mouths** were made at the cost of \$250,000 that can "duplicate" a years' worth of chewing in 24 hours, taking four bites a second to speed up the testing of dental materials. They develop TMJ problems, too, as the joints wear out. The real test of dental materials come with time, in a saliva moisturized mouth, subjecting the materials to a variety of foods, liquids, acids, ice, hard candy, popcorn kernels, beef jerky, gum, sodas, bacterial acids, cold from ice cream, heat from coffee, opening up bags of potato chips, biting fingernails and cuticles, cutting fishing line, and being scrubbed with a brush with a sandy soap solution (most toothpastes) two to three times a day. We can all think of things we have used our teeth for, that we shouldn't have, can't we??