The History of the Toothbrush

The toothbrush that we all use today is a pretty new invention. In the past there were methods of cleaning your teeth but the methods were probably not as luxurious as they are today. In 3000 B.C. the ancient civilizations used what they called a “chew stick”. This “chew stick” was made of a twig with a frayed tip. The chew sticks were rubbed up against the teeth to clean the teeth. Later, a bristle brush came along in 1498 in China. This bristle brush was similar to what we use today. The bristle brush was made using the coarse hairs taken from a bores neck, and attached to a piece of bone or bamboo. These bore bristles were used until the invention of the modern day toothbrush in 1939. In 1939 the nylon bristles were introduced by Dupont de Nemours. This nylon bristle toothbrush was called Doctor West’s Miracle Toothbrush. Later, Americans became influenced by the good hygiene of the soldiers in World War II and adopted the teeth brushing habits of the soldiers and the nylon toothbrush.

Source: http://www.loc.gov/rr/scitech/mysteries/tooth.html

The Proper Way to Brush

Dentists recommend that the minimum times of day you should brush is two times a day. The minimum amount of time you should spend brushing your teeth each session is two minutes. Here are some tips to get your teeth properly cleaned:

- Hold your brush at a 45 degree angle against your gum line.
- Gently start brushing from where your gum line meets your tooth to the chewing surface of the tooth in short wide strokes. (If you brush too hard you may cause receding gum lines, tooth sensitivity, and eventually loose teeth)
- Use this same method to brush all outside and inside surfaces of your teeth.
- Use short sweeping strokes to clean the chewing surfaces of each tooth. Make sure to get the bristles into the crevices between your teeth.
- Holding the brush almost in a vertical position will get the top and bottom front teeth and gums clean.
- To finish your brushing brush your tongue and roof of your mouth with a forward sweeping motion. This will remove bacteria that live there.

Source: www.kidshealth.org

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The Importance Of Flossing

Flossing is important because it will remove particles and plaque that your tooth brush is not able to reach. This includes the spaces between your teeth, under your gum line, or under your braces. Flossing is encouraged at least once a day. The type of floss that you use depends on the size of the spaces that you have between your teeth. Usually dentists will recommend using on-wax floss because it is a little thinner, making it easier to slide between your teeth. When using floss you need to always be careful not to injure your gums. Here is the proper way to floss:

- Carefully insert the floss in between two teeth using a back and forth motion
- Bring the floss to the gum line, not under the gum
- Curve the floss around your tooth in a C shape
- Slide the floss up and down along the side of the tooth
- Repeat this for all of your teeth and don’t forget to floss the back of your back teeth

Source: www.kidshealth.org

The Low Down On Tooth Whitening Products

There are some tooth pastes that claim that they whiten teeth. There is not a problem with using these tooth pastes as long as they have fluoride and other ingredients that fight plaque and tarter. Usually these tooth pastes don’t contain plaque and tarter fighting substances like fluoride. These tooth pastes also don’t contain much of the tooth whitening ingredients either, so they probably won’t noticeably whiten your teeth. If you want white teeth you should use an over the counter whitening agent, or better yet, talk to your dentist that will be able to provide you with a tooth whitening system that is suitable for you. You must also be careful when buying over the counter whitening products because some bleaching products might damage your gums and mouth.

Source: www.kidshealth.org
The Dentist

You should go to the dentist every six months. These bi-annual visits are mainly to prevent tooth decay, gum disease, and other disorders that put teeth and your mouth at risk. Your first consultation will consist of three main parts: dental history, a dental examination, and a professional cleaning. The dentist will not only examine your teeth and gums but also examine the joints in your jaw. The dentist will check the crown (outside of every tooth) for plaque, decay, or looseness. The dentist will check the way your teeth fit together. The dentist will examine your gums; make sure that there is no evidence of gum disease. Your gums should be firm and pink, not soft, swollen, or inflamed. They will also check the depth of the depression where the tooth meets the gum. Taking x-rays may also help in identifying tooth decay, or wisdom teeth that are impacted. The dental cleaning consists of removing hard deposits with a scraping instrument (a scaler) or an ultrasonic machine which loosens plaque deposits. After the cleaning, your teeth will be polished. This process smooths and cleans the surface of your teeth. It removes stains and makes it harder for plaque to stick to the surface of your teeth. At the end of the cleaning you might get a fluoride treatment or a sealant to help prevent decay.

Source: www.kidshealth.org

Baby Bottle Tooth Decay

Baby bottle tooth decay is tooth decay that occurs in babies or young children. The reason for the tooth decay is the residue that sweet liquids leave behind on the teeth. Sweet liquid including milk and juice leave behind sugars that bacteria use as food sources. The bacteria then produce acids that attack the teeth. After repeatedly being attacked by the bacteria the teeth start to decay. What is put into the bottle is not the only problem, it is also how much and how often the bottle is given when it is filled with sweet liquids. Do not ever let your child fall asleep at nap time or at night with a bottle. To prevent the bacteria from attacking your child’s teeth follow these steps:

- After every feeding clean your babies gums with clean gauze
- Start brushing a child’s teeth when the first tooth breaks through the gum
- Clean and massage bare gums
- Begin flossing a child’s teeth at the age of 2 or 2½
- Never let your child fall asleep with a bottle containing any kind of sweet liquid; this includes milk, formula, and fruit juice
- Avoid filling your child’s bottle with sweetened water or soft drinks
- If your local water does not contain fluoride, ask your dentist how to provide it for your child
- Make sure you take your child to the dentist by his/her first birthday

Taking good care of your child’s baby teeth is important for more reasons than just chewing food. The child needs healthy teeth to speak, and to have a good smile, which leads to high self esteem. The baby teeth also make designated space in the jaw for the permanent teeth. If a baby tooth is lost too early the tooth beside might drift over and take the space where the permanent tooth should be. This will make the permanent teeth crooked and crowded.

Source: –unknown–
Basic Dental Care

What is basic dental care?
Basic dental care involves brushing and flossing your teeth regularly, seeing your dentist for regular check-ups and cleanings. Eating a healthy diet that contains foods high in whole grains, vegetables, fruits, and dairy products is also an important part of dental care.

Why is basic dental care important?
Practicing basic dental care:
• Prevents tooth decay
• Prevents gum disease which can damage gum tissue and the bones that support teeth, which in the long run can lead to the loss of teeth.
• Shortens time and with the dentist and makes the trip more pleasant.
• Saves money. (By preventing tooth decay and gum disease you can reduce the need for fillings and other costly procedures)
• Helps prevent bad breath. Brushing and flossing gets rid of the bacteria that cause bad breath in your mouth.
• Helps keep teeth white while preventing staining from food, drinks, and tobacco
• Improves overall health
• Makes it possible for your teeth to last a lifetime
• Avoid foods that contain a lot of sugar, which helps grow plaque.
• Avoid using tobacco products, which can cause gum disease and oral cancer.
• Schedule regular trips to the dentist based on how often you need exams and cleaning.

Ways to avoid dental problems
Keeping your teeth and gums healthy requires good nutrition, regular brushing and flossing. Basic dental care involves seeing your dentist and/or dental hygienist for regular checkups and cleanings, and eating a mouth-healthy diet, which means food high in whole grains, vegetables, fruits and dairy products.

• Floss at least once a day and brush your teeth after meals, snacks, and before bed. This removes plaque which can lead to damaged teeth, gums, and surrounding bone.
• Use a toothpaste that contains fluoride, which helps prevent tooth decay and cavities. Ask your dentist of you need a mouthwash that contains fluoride or one with ingredients that fight plaque look for toothpastes that have been approved by the American Dental Association.
• Avoid foods that contain a lot of sugar, which helps grow plaque.
• Avoid using tobacco products, which can cause gum disease and oral cancer.
• Practice tongue cleaning
• Schedule regular trips to the dentist based on how often you need exams and cleaning.

Source: MSN Health