

A bite of teeth

The mouth has, through its central place in the face, diverse functions.

In the first place to speak and laugh, but also aesthetically teeth are an essential part of the mouth. Naturally, teeth are essential for the proper processing of food. Not only in grinding edible pieces, but also because saliva well mixed through the food while eating is a first, and an essential step in the digestion process.

Teeth get worn during a lifetime. However; they are designed that the wear and tear due to normal daily use is slow to ensure they last a lifetime.

Unfortunately, the modern diet is very aggressive and irreparable damage to the teeth will occur if we do nothing further. This is accompanied by pain and functional loss. Fortunately, dentists have the ability to repair such damage, but this is very expensive.

The other threat to the teeth is gingival inflammation. As a result of an unbalanced diet and poor oral hygiene, the gums will start bleeding, then get loose from the teeth and will finally draw back from the teeth. This will ultimately cause the teeth to get loose and fall out. Eating a sufficient variety of food, including vegetables and fruit, and regular dental cleaning can keep the biggest threats to our teeth well at bay.

General lifestyle has of course also influence on teeth. Thus, smoking creates a faster development of decay and accelerates the breakdown of the gums. Excessive alcohol abuse is disastrous to our recovery potential from inflammations, but in many cases as a result of disturbed food habits, also causes declination of general health.

The other way around, a declining health also leaves its marks in the mouth and the teeth. The declined resistance as a result of diseases like HIV, Diabetes and AIDS also contribute to the quicker development of diseases in and around the mouth, and to the speed they spread. Extra attention to care is specifically necessary in this case.

During the development of the teeth it is essential that the environments are also kept sanitary and clean. As a result, teething during childhood will develop as strong and as stable as possible. Also, children will automatically learn to care for their teeth to prevent dental problems. Fortunately teeth get a second chance, but many problems will leave their mark for a lifetime.

To enjoy life long dental health, only a couple, but very essential preconditions are necessary. Limit the impact to teeth by restricting the occurrence of eating, drinking and nibbling to a maximum of five times per day, and limit the use of seriously damaging soft drinks such as Cola.

Brush teeth at least twice per day for two minutes using a fluoride toothpaste, possibly followed by flossing and a mouthwash, etc., Chewing-gums with Xylitol are not only sugar free, but this sweetener also has a slowing effect on bacteria and thus reduces the damaging effect on teeth.

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