



The Orthodontic Myth Busters

Episode 7: The Case of The “Saturday Night Bite”

Dr. Eliyahu Simcha Gherman

As a health care provider, one has to be well trained in their field, but also on the lookout for dangerous misconceptions that lurk amongst us. As we continue to bust these myths, we ask you to join our team to help us spread the truth, and help others achieve a beautiful healthy smile, in a shorter more pleasurable way. So read the story, absorb the lesson and BUST THE MYTH!

Shimmy Cohen came home from Doc's office, and told his mom that Doc said he certainly needed braces. Mrs. Cohen let out a scream: “What??? How is that possible? Come here Shimele, give me a smile.” In quite the talented balancing act, Shimmy lined up his top and bottom teeth, one on top of the other, creating a wall of white. “Look at those perfectly aligned pearls of white! Zero over-jet! Zero over-bite! Just perfection! Let's get Doc on the phone so he can explain why he said that,” yelled a red faced Mrs. Cohen. Doc answered the phone holding the receiver away from his ear as Mrs. Cohen was complaining how it's all a scam; her son's teeth are perfect! Doc finally had his chance, “Time out!!!” And Mrs. Cohen obliged. “Your son Shimmy has what is called a ‘Sunday Bite’ or, as we prefer in the Jewish world to call it the ‘Saturday Night Bite’,” explained the Doc. “What are you talking about? What is



Large Over-jet



Sunday/edge to edge traumatic bite



Normal Over-bite/ Overjet

this ‘Monday/Tuesday Bite’ thing?” So Doc explained the history behind the saying: A ‘Sunday Bite’ is when someone with a **short** lower jaw and a large over-jet(A), pushes his lower jaw forward to meet his upper teeth, thus temporarily creating an imaginary strong lower jaw; A person with a prominent jawline was always considered to be esthetic. This was often done by people in the choirs and gatherings on Sunday. Some of us also do this in Shul on Shabbat or on a Motzei Shabbat evening out, hence its name. So if you want to see Shimmy's real bite, ask him to bite on his back teeth.

You'll see he has a severe over-jet of about 15mm! “You mean buck teeth?” asked Mrs. Cohen. “Exactly. Certainly not esthetic. Furthermore, functionally it can cause severe tooth wear, muscle strain and pain, breathing, eating, and speech issues, plus, a high risk for trauma to the front teeth. An ideal bite(c) should have a 1-3mm over-jet and a 2-3mm over-bite.

“Oy vey, you're right, Doc, my son looks like a beaver, I think I'm going to faint.” Mrs. Cohen nervously whispered. “Don't faint Mrs. Cohen, there is a silver lining here. First of all, we can correct and balance his bite. He'll be smiling like never before,” Doc explained. “You see, when Shimmy moved his jaw forward, you thought he had the “perfect bite”, no over-jet or over-bite. But here was the mistake: That bite edge-to-edge (c) is considered a traumatic bite in that it accelerates wear, causes speech problems, muscle pain and facial shortening.” “Now, I know,” said Mrs. Cohen. “Shimmy....I'm sorry, but you do make a cute beaver,” apologized Mrs. Cohen.

MYTH BUSTER ALERT: Biting edge-to-edge with teeth on top of teeth is a normal good bite. **NOT TRUE THIS IS A MYTH. Edge-to-edge bites are traumatic and cause damage. An ideal bite is when the top teeth have an over-jet of 1-3mm and an over-bite of 2-3mm.**

Dr. Eliyahu Gherman's main office is located in Ramat Bet Shemesh-A, Nachal Tamar 1 (02-992-3363, simchabraces@gmail.com). He also works in Rechavia (02-561-9780). We are always looking for the most comfortable, fastest and ideal way to give you a healthy and beautiful smile.



SIMCHA BRACES

Nachal Tamar 1 נחל תמר 1

02 · 992 · 3363