



NEW SERIES!

THE ORTHODONTIC MYTH BUSTERS

EPISODE 3: THE CASE OF THE WRONGLY ACCUSED WISDOM TEETH

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As a health care provider, one must not only be well-trained in one's field, but also be on the lookout for dangerous misconceptions held by the public. When we are able to right the wrong, bust the myth, and save the public much anguish and grief, we gladly proclaim: "Mission accomplished".

*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 satisfying, way. So read the story, absorb the lesson and **BUST THE MYTH!***

All was quiet in the Goldberg house as Miriam, their eldest daughter was getting ready to go on her first date. All a sudden, Mrs. Goldberg heard a scream! "What's the matter?" Mrs. Goldberg exclaimed as she ran up the stairs. "Look at my teeth, Ma, you see they are starting to crowd up; it must be those wisdom teeth! My friends warned me this would happen," bemoaned Miriam. "Why would anyone name them wisdom teeth? I don't think they are wise at all and, as a matter of fact, I think it will be wise for me to remove them so they will stop

shifting my teeth!" Miriam exclaimed. Mrs. Goldberg picked up the phone, "Let's call the Doc and ask him before you rush to remove your wisdom teeth."

After getting off the phone, Mrs. Goldberg explained: "Doc said that according to a review of the literature using sound scientific studies, the wisdom teeth are innocent. Most scientific studies do not support a cause-and-effect relationship between wisdom teeth and crowding; therefore, wisdom tooth extraction to prevent anterior tooth crowding or post-orthodontic relapse is not justified. (*Integrative Journal of Medical Sciences, 1-27-2022, Scientific World Journal 4-30-2014, Progress in Orthodontics vol 15:60, (2014)*)

"So why does it seem like my wisdom teeth are coming in at about the same time my teeth started shifting?" asked Miriam. Doc explained that, anecdotally, people do see this; however, based on the scientific research, it appears to just be a case of being "at the wrong place at the wrong time".

Have the teeth checked by your dentist and, to avoid relapse, now is a good time to wear those retainers more.



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MYTH BUSTER ALERT:

WISDOM TEETH ARE GUILTY OF CAUSING CROWDING: NOT TRUE!!!

The prophylactic removal of wisdom teeth to avoid orthodontic crowding only, is not indicated. If, however, there are other reasons such as impaction, food trap, cavities, cyst formation, risk for damage to adjacent teeth or other reasons, your dentist may advise that they be evaluated for removal.

"Thanks Mom," Miriam smiled, "You're the wisest of all!" *Stay tuned for the next episode of The Orthodontic Myth Busters.*

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.

