



10 LESSONS I'VE LEARNED FROM STUDYING OUR TEETH

BY DR ELIAHU SIMCHA GHERMAN

1. SURROUND YOURSELF WITH GOOD NEIGHBORS:

Any tooth with a cavity can spread bacteria and cause a cavity to the adjacent tooth.

2. YOU CAN BE HARD ON THE OUTSIDE, BUT BE SOFT ON THE INSIDE:

On the outside, tooth enamel is very hard but on the inside, the dentin and pulp are soft.

3. WE ARE ALL CONNECTED:

The nerves and blood supply form a unified complex connection from one tooth to the other.

4. FEEL THE PAIN OF OTHERS:

Since we are all connected we can get "referred dental pain". When one tooth is damaged, it can cause pain in a tooth far away from it!



5. EVEN THE HARDEST STRUCTURE CAN BE BROKEN OVER TIME IF NOT CARED FOR PROPERLY:

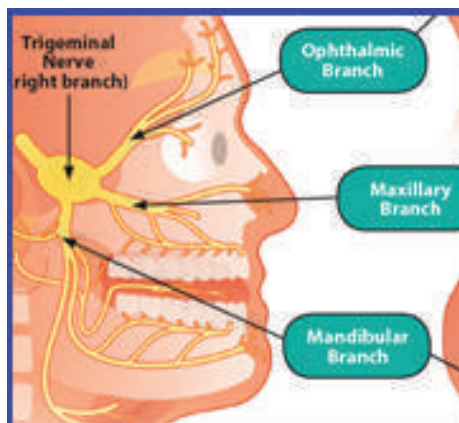
Bacteria left on your teeth will release acids eventually causing your tooth to decay.

6. DON'T FORGET THE HAND THAT FEEDS YOU:

Our teeth rarely bite our hands, even if we are eating finger foods. Always recognize how Hashem provides for us. For example, the oranges that grow from seeds planted years ago, the rain and the sun, the farmers who harvest them to the trucks, and even the napkins, knives and cups that He provides for a nice cup of orange juice.

7. THE LITTLE GUYS ALSO MATTER:

Never underestimate the importance of baby teeth, as space holders, producing our first sounds and playing such an



important role in getting the proper nourishment we need to grow while in the younger years.

8. STAY ON THE STRAIGHT PATH

Crowded and crooked teeth can cause bone loss, recession, low self-esteem, bad breath and stressed muscles, causing fatigue and headaches.

9. LEARN TO ABSORB OR MOVE AWAY FROM STRESS SO IT DOESN'T BREAK YOU.

Teeth aren't cemented in one place. They have many fibers that act as shock absorbers so they don't break under the tremendous forces that they must absorb. A tooth is still healthy even if it's less than a millimeter out of place.

10. WE ALL HAVE MEMORIES THAT DRAW US BACK TO WHERE WE CAME FROM OR HAVE BEEN:

Our teeth also have memory. After removing braces, the fibers can pull them back toward an unhealthy place. Thus, retainers are critical especially in the 4-6 months after we finish moving our teeth, wearing them consistently as prescribed and, in the long term, occasionally checking that all is stable, to maintain that beautiful and healthy smile.

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.