



Your Smile



The Orthodontic Myth Busters

Episode 1: The Case of The Barbequed Smile

Dr. Eliyahu Simcha Gherman

As a health care provider, one has to be well trained in their field, but also on the look out for dangerous misconceptions that lurk amongst us. 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 pleasurable way. So read the story, absorb the lesson and **BUST THE MYTH!**

Season 2 is sure to bust even bigger myths. Get ready for some serious nail-biting, “edge of your seat” revelations.

As Dovid walked down the dental products aisle in the pharmacy he noticed so many new toothpastes, mouth rinses and other assorted tooth related products. However, he had to pinch himself when he saw the pitch black row of charcoal toothpaste, mouth rinse, floss and tooth brushes. “Youv’e gotta be joking me”, he said a bit too loud as several customers looked his way. One teenager said, “that’s what you get for not keeping up with social media!” It was true, he didn’t have a Facebook account but could putting black charcoal on teeth be the answer to the world’s dental problems?

I took out my phone and dialed Doc. “Doc, please tell me that I haven’t entered the twilight zone. What is this charcoal trend all about and is it safe?”

Doc explained “activated charcoal is a fine grain powder made from wood, coconut shells, and other oxidized items. It acts like a sponge, to pull out toxins stains from the enamel. Charcoal is highly absorbent and has widely been used medically to absorb and remove toxins. However, it’s use as an antimicrobial, anti-halitosis, tooth whitening, periodontal disease control, caries reduction and tooth remineralization agent has not been proven.” A recent scholarly review of multiple studies published in 2020 in the National Library of Medicine stated: “There is insufficient evidence to substantiate the therapeutic and cosmetic marketing claims of charcoal-based dental products.”

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Future studies may reveal the benefits were worth the risks: charcoal is abrasive and daily use could remove enamel, causing yellowing, staining and sensitivity of your teeth, not to mention the pieces that could lodge themselves in between your braces. While some dental associations in several countries give it a seal of approval, the highly-respected American Dental Association does not currently approve or promote activated charcoal dental products.

“Dovid, it’s too early to know if this is the answer to all of our problems or, perhaps, cause more long-term damaging problems. My advice: brush well, floss, use a fluoride rinse and visit your dentist twice a year.” said Doc. “Hey, who’s not up for a good barbecue...but for now my vote is to stick with what works.”

”Thanks Doc! By the way if you’re up for some juicy steaks and dogs for dinner tonight, we would love to have you over,” laughed Dovid,

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.