

Six Fascinating Facts About Teeth You Probably Haven't Heard Before

Beauty News, Doctor's Talk

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While most of us are familiar with the importance of dental hygiene, there are many fascinating and lesser-known facts about teeth that are worth exploring. Teeth are a crucial part of our everyday life and have unique features that make them stand out. From the amount of saliva we produce in a lifetime to the individuality of our teeth, there is much to discover. Join **Dr. Mimi Yeung** of **M.Y. Dental Spa** as she takes a closer look at six interesting facts about teeth that you may not have known before.

1. Teeth are the hardest substance in the body.

Many assume that bones are the hardest substance in the body, but that's not the case. It's actually teeth! Comprised of over 96% of minerals, teeth are even harder than bones.

2. Teeth can't repair themselves.

It may seem like teeth should be able to heal from injuries or even regrow, given that they are living tissue with a blood supply, unfortunately, teeth can't fix themselves. Once tooth decay starts, it will slowly progress to the point of advanced tooth decay or tooth loss. The only way to repair tooth decay, like cavities, is with a filling, a crown, or a root canal. Once a tooth is lost, the only option is a replacement like a denture, bridge, or dental implant.

3. Gum disease has clear symptoms and signs.

Gum disease can develop slowly over time, and it's important to seek treatment as soon as possible. By recognizing the common symptoms of gum disease, such as reddish or swollen gums, bleeding when brushing or flossing, bad breath, tooth sensitivity, receding gums, and loose teeth, you can take action and seek appropriate treatment to improve your oral health.



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4. An effective tooth brushing lasts two minutes.

To make this daily task more enjoyable, try playing your favorite song as you brush. Choosing a song that lasts about two minutes will not only help you brush for the recommended time, but it can also help lift your mood and make your oral care routine a little more fun!

5. The average person produces about 25,000 quarts of saliva in their lifetime, which is enough to fill two swimming pools.

Saliva is a vital component of our oral health. It helps to neutralize harmful acids in the mouth, washes away food debris and bacteria, and assists in the digestion of food. Saliva also contains enzymes and proteins that help to protect the teeth and gums from infections and cavities. Producing 25,000 quarts of saliva may sound like a lot, but it's essential for maintaining good oral health throughout our lifetime.

6. Teeth are unique to each individual, similar to fingerprints.

Just like how each person has a unique set of fingerprints, our teeth are also unique to us. This is because our teeth have distinct characteristics such as size, shape, and alignment, which are determined by genetics and environmental factors. Dental professionals use the uniqueness of our teeth to identify us, just as law enforcement uses fingerprints. This uniqueness also makes it possible for dental professionals to create personalized treatment plans for patients based on their specific dental needs.