

Fun Dental Facts

- According to a "Time Magazine Survey", 59% of Americans would rather sit in a Dentist's chair than sit next to someone talking on a cell phone.
- Paul Revere did more than make his famous midnight ride. He was skilled in dentistry. From 1760-1770, he placed advertisements in a Boston newspaper offering his services as a dentist. He cleaned teeth, made dentures and was probably the first person to use post-mortem dental forensics.
- Cheese especially hard aged cheese like Cheddar, Monterey Jack and Swiss help reduce cavity formation in teeth because it neutralizes plaque acid.
- Researchers also believe that cheese increases saliva in your mouth which helps to wash away food particles and in addition cheese releases chemical compounds that can form a protective layer on teeth.
- Unlike a cut on your skin which can heal, a tooth cannot repair itself. Once a cavity has started, treatment by a dentist is needed for the tooth to be repaired and remain healthy.
- Hard crunchy foods like celery, carrots and apples help clean your teeth naturally.
- Teeth may change colors as people age. The outer layer of enamel wears off and exposes the darker layers underneath; hereditary, soft drinks, tea, coffee, certain foods, smoking or medications may also cause teeth to change colors.
- Your teeth and tongue help give your face its shape.
- Like a dental fingerprint an individual's teeth and tongue prints are unique, even identical twins prints are different.
- William f Semple, a dentist from Mount Vernon, Ohio was issued the first patent in 1869 for chewing gum.
- In 1866, at the age of 33, Lucy Beaman Hobbs graduated from the Ohio College of Dental Surgery, becoming the first woman to earn a dental degree.
- Having braces does not increase your risk of getting hit by lightning and metal braces do not set off metal detectors, nor can they pick up radio transmissions.
- Two people with braces cannot become "locked together" when they kiss.
- You burn 2-3 calories in a one minute kiss.
- Rinsing out your mouth with water after each meal helps remove food particles and neutralizes the effects of acid and sugary foods that could lead to cavity formation making water your mouth's first defense against tooth decay.
- American companies began to mass produce toothbrushes after 1885.

- Modern toothpaste was developed in the 1800's.
- Have fun, learn about dental history and discover advances in dental health. The Samuel D. Harris National Museum of Dentistry opened in 1996, in Baltimore, MD.
- Americans buy more than 14 million gallons of toothpaste every year.
- Coconuts are a natural anti-bacterial food and can help reduce the risk of developing gum disease and cavities.
- Halloween is the biggest candy-selling holiday, followed by Christmas, Easter, and Valentine's Day.
- 25% of adults DO NOT brush twice a day. This increases their risk of developing tooth decay and gum disease by 33%.
- Roughly 75% of school children worldwide have active dental cavities.
- 48% of young adults have untagged themselves from a photo on Facebook because of their smile.
- People who smoke are 2-7 times more likely to develop periodontal disease than non-smokers.
- It was customary during the middle ages to kiss a donkey if you had a toothache.
- Tooth enamel is the hardest structure in the human body.
- Roughly 25% of American adults have no teeth.
- Tooth decay is the second most common disease, second only to the common cold.
- People prefer blue toothbrushes to red ones.
- Teeth start to form before we are born.
- Almost 65 million American adults have some form of periodontal disease. Of this number 38.4% are women, 56.4% are men.
- Expectant mothers with poor oral hygiene are 7X more likely to deliver premature and low birth weight babies.
- 95% of American adults with diabetes also have periodontal disease.
- People with periodontal disease are 2X more likely to develop heart disease.
- People who drink 3 or more cans of soda daily have 62% more tooth decay, fillings, and tooth loss than people that don't drink soda.
- The first toothbrush with bristles was made in China in 1498. Bristles from boars, hogs, horses, and badgers were used.
- It takes 43 muscles to frown. It only takes 17 to smile.
- 61% of adults are attracted to somebody by their smile alone.
- Kids miss 51 million school hours a year due to dental related illnesses.
- There are more bacteria in the human mouth than there are people on the Earth.
- The average woman smiles 62 times a day. The average man? Only 8 times.

- Kids laugh roughly 400 times a day. The average adult laughs only 15 times per day.
- In North America, over 3 million miles of dental floss are purchased annually.
- Dinosaurs grew new teeth when one was lost or broken.
- A fossilized T-Rex tooth can weigh up to a pound.
- In 200 A.D., the Romans used a mixture of bones, eggshells, oyster shells, and honey to clean their teeth.
- A snail's mouth is no larger than the head of a pin, yet it can contain over 25,000 teeth.
- A single can of soda contains 10-12 teaspoons of sugar. The recommended maximum daily dietary intake of sugar is 4 teaspoons.
- In 1994, a West Virginia prison inmate braided dental floss into a rope, scaled the wall, and escaped.
- In the 1800s, blacksmiths and barbers also served as dentists.
- Toothpicks are the object most often choked on by Americans.
- The stone-faced farmer in artist Grant Wood's famous "American Gothic" painting was actually the artist's dentist.
- Sports-related injuries account for approximately 5 million missing teeth per year.
- Americans spend \$100 billion a year on hair care products, and only \$2 billion a year on dental care products.
- Contrary to popular belief, George Washington's famous dentures were not made from wood. His four pairs of custom choppers were crafted from gold, ivory, lead, and a mixture of human, donkey, and hippopotamus teeth.
- The cotton candy making machine that made widely consumed cotton candy possible was co-invented by a dentist. Before it was cotton candy, the fluffy confection was called "fairy floss".
- The earliest known dentist was Hesi-ren, an Egyptian "doctor of the tooth" who lived around 3000 B.C.
- Cavities in teeth have been filled since the earliest of times with a variety of different materials, including gum, stone chips, and even turpentine resin.
- The lifespan of a taste bud is about 10 days.
- The five known tastes detected by taste buds are: bitter, sour, salty, sweet, and umami. Umami was identified in 1908 by a Japanese research and the chemical responsible for it is monosodium glutamate.
- 60% of people don't know that a sore jaw, when combined with chest pain, can signal a heart attack - especially in women.

- Every year, kids in North America spend close to half a billion dollars on chewing gum.
- The most valuable tooth belonged to Sir Isaac Newton. In 1816, one of his teeth was sold in London for \$3,633.00, or in today's terms, \$35,700.00. The tooth was set in a ring.
- Americans spent \$25 billion on candy in 2010. That is more than the gross national products of Lithuania, Costa Rica, and Mozambique combined.
- In the 1800s, people who had false teeth in England ate in their bedrooms before gatherings and events at the dinner table. This unique Victorian tradition protected them against the embarrassment of having their teeth 'fall off' while dining.
- Dolphins use their teeth to grab only, not to chew, as dolphins' jaws have no muscles.
- Mosquitoes have 47 teeth.
- In 1905, dental assistant Irene Newman was trained to clean teeth. She became the first dental hygienist.
- Not too long ago, dentures were common wedding gifts in the British Isles. At that time, many people expected to lose all their teeth and had their teeth extracted at an early age.
- Why do dentists want you to floss? Because if you don't, you miss about 40% of your tooth surface.
- Here's a good reason to fight plaque: it is home to up to 300 different types of bacteria.
- Dentists recommend brushing your teeth for two minutes. The average person does it for just 48 seconds.
- Elephants grow 6 sets of teeth in their life. These teeth last about 10 years.
- Elephant teeth can be a foot across and weigh six pounds.
- It's actually better to NOT cap your toothbrush. Capping it helps spark even more bacterial growth than usual. Let it breathe the open air.
- If your tooth gets knocked out, it will start to die in 15 minutes. Put it in milk or hold it in your mouth and it will last longer. See your pediatric dentist as soon as possible to place the tooth back in the socket and stabilize it.
- Periodontal gum disease is more prevalent than you realize: some 3 out of 4 Americans have it to one degree or another.
- Giraffes do not have upper teeth. They only have bottom teeth.
- People have been creating teeth fillings for thousands of years. Egyptian mummies have been discovered with dental fillings.

- Crocodiles have it easier than you do. A species of bird called the crocodile bird flies into the open mouths of crocs and cleans their teeth for them.
- Gold crowns are nothing new. The ancient Romans used them to restore teeth ravaged by cavities.
- The average human produces 25,000 quarts of saliva (spit) in a lifetime. That is enough saliva to fill 2 swimming pools.
- The Statue of Liberty's mouth is 3 feet wide.
- Most tooth loss in people over age 35 is from Periodontal Disease.
- 100 years ago 50% of adults in North America were toothless.
- Today less than 10% of adults over age 65 have lost all of their teeth.
- In the middle ages, people believed that dogs teeth boiled in wine made an excellent mouth rinse for tooth decay prevention.
- Ancient cultures chewed on twigs or roots to clean their teeth.
- The first nylon bristled toothbrush with a plastic handle was invented in 1938.
- The first American to get a patent for a toothbrush was H.N. Wadsworth.
- The electric toothbrush first appeared in 1939.
- Egyptians used a form of toothpaste over 5000 years ago.
- Colgate introduced aromatic toothpaste in a jar in 1873.
- Colgate dental cream was packaged in collapsible tubes in 1896.
- Approximately \$2 billion a year is spent on dental products in the United States. (toothpaste, mouthwash, floss and toothbrushes).
- According to "Consumer's Report", Dentist's are among the 5 most trusted professionals in the U.S.
- Jaw muscles can contract with a force as great as 55 pounds of pressure on anterior incisors, and 200 pounds of pressure on back molars.
- Adults have 32 teeth, children have 20 teeth.
- In 1840 the world's first dental school opened in Baltimore.
- In 1859, 26 dentists met at Niagara Falls and started the American Dental Association for the exchange of information.
- The average North American can exert approximately 30-40lbs per square inch of pressure with their jaws - denture wearers can get up to about 15lbs. Some Inuit people can exert 350lbs of pressure.
- U.S. and Japanese studies have found that black or green tea has antibacterial powers that help prevent cavities and gum disease.
- Over 40% of North Americans have at least one tooth that could benefit from some type of treatment.

- In Vermont, it is illegal for women to wear false teeth without the written permission of their husband.
- Most tooth loss in people under 35 years of age is caused by athletic trauma, fights or accidents. The cause of most tooth loss in people over 35 is periodontal disease.
- During the Dark Ages, (400-1400 AD) popular belief was that you could grow a lost tooth by obtaining a tooth from someone else - ideally from a hanged criminal.
- 50's heart throb James Dean had no front teeth! He wore a bridge.
- Some other common tooth remedies from ancient times: for toothache, boil earthworms in oil and use the oil to put drops in your ear. To make loose teeth firm tie a frog to your jaw.
- The first set of false teeth was discovered in the 8th century BC.
- An obscure Mexican plant called the "Lippa Dulcis" is 1000x sweeter than table sugar. This plant does not cause tooth decay and could serve as the source of a low-calorie sweetener in the future.
- There are 60 herbs commonly cited for treatment of dental problems in ancient Chinese medical books.
- On September 20 China celebrates "Love your Teeth Day" - a national holiday promoting oral awareness among its 1.2 billion people.
- A \$250,000 mechanical mouth developed by dental researchers can duplicate a year's worth of chewing in 24 hours and takes four bites a second, drastically speeding up the testing of dental materials.
- Not only is tooth decay the most common and widespread disease of humankind, it is the oldest. Skulls of pre-historic humans have been examined and tooth decay has been found.
- In ancient Egyptian times, you were more likely to suffer from a toothache if you were well-to-do. This was because those who could afford to, ate sweets (such as honey), while the workers ate onions.
- Today's tooth fairy needs a lot more silver than she did in 1900 when she left an average of twelve cents. In 1998, the tooth fairy left an average of one dollar.
- Athletes are 60 times more likely to damage their teeth when not wearing a mouth guard during athletic activities.
- Among the first known dentists in the world were the Etruscans. In 700 BC they carved false teeth from the teeth of various mammals, and produced partial bridge work good enough to eat with.

- The earliest record of tooth decay was described by the Sumerians as “tooth worms”. There is also historical evidence that around 2700 BC, Chinese acupuncture was used to treat tooth pain.
- The first braces were constructed by Pierre Fauchard in 1728 in France. These braces consisted of a flat strip of metal connected to the teeth by pieces of thread.
- Orthodontic brackets were invented by Edward Angle in 1915. If you or your parents had braces before 1970, they were probably similar to those invented by Dr. Angle.
- Humans use four different types of teeth (incisors, canine, premolars, and molars) to cut, tear and grind their food.
- Humans have only two sets of teeth in their entire lifetime—baby teeth and permanent teeth. Once you have your permanent teeth, make sure you take good care of them.
- No two people have the same set of teeth—your teeth are as unique as your fingerprint, so be proud of your unique set of teeth.
- Many diseases are linked to your oral health, including heart disease, osteoporosis, and diabetes.
- One third of your tooth is underneath your gums—that means only two thirds of your tooth’s length is visible.
- You should not keep your toothbrush near a toilet. The airborne particles from the flush can travel up to a distance of 6 feet.
- The longest teeth in the world are actually elephant tusks - sometimes weighing over 400 pounds.
- It seems children have the right idea about smiling...they smile about 400 times a day.
- If you floss once a day, you will use about 5 miles of floss over your lifetime.
- The average person produces about a quart of saliva every day.
- Over 50% of people say that a smile is the first thing they notice about someone.
- In medieval Japan white teeth were considered ugly. Women used roots and inks to stain their teeth black, which they felt was much more attractive.
- If you brush your teeth twice a day for two minutes each time, you will brush your teeth for about 24 hours each year, or 76 days over the course of your life.
- If you brush your teeth twice a day you will use about 20 gallons of toothpaste in your lifetime.

- Our tongue is the only muscle in our body that is not attached to something at both ends.
- To promote dental health, a Chinese dentist used 28000 teeth to build a giant tooth-shaped tower.
- Most Americans did not brush their teeth every day until after World War II. In WWII the military required that soldiers brush their teeth twice a day to keep their teeth healthy. The soldiers brought that habit home after the war.
- The oldest recipe for toothpaste is from Egypt in 400AD. The formula included mint, salt, grains of pepper, and dried iris flower. A modern day dentist made the toothpaste and said "I found that it was not unpleasant afterwards my mouth felt fresh and clean".