

TOOTH LOSS

Turning a
straight smile
into

CROOKED CHAOS

+ THE TOP 10

Reasons for
Tooth Loss



HOW TOOTH LOSS CAN WRECK YOUR SMILE

Losing teeth when you are young is supposed to happen...not so when you're older.

Losing a tooth when you're a child creates a lot of excitement. Visits from the tooth fairy mean you're growing up. One day you're losing teeth and the next you're driving a car...at least it seems that way. Once your adult teeth move into place, the tooth fairy should be on her merry way. But sometimes she hangs around and wears out her welcome.

Regardless whether your tooth received a TKO from your brother's elbow or it gave in to aggressive decay, losing just one tooth matters. Each tooth holds a precise space as part of the greater whole. When one disappears, nearby teeth start to shift, and surrounding bone degrades. And if several teeth fall, a cascade of events may be hard to stop without intervention. Widespread bone loss can alter the shape of your face and compromise the other teeth. Hindered chewing, speaking, and smiling affects every aspect of your well-being.



SUPPORT YOUR LOCAL TOOTH

So how do the dental Dominoes start to fall? Although teeth sit firmly secured into specialized jawbone by long roots, they'll slide and shift when lacking support from their teammates. Teeth rely on each other for support, much like cheerleaders in a pyramid: if one pulls out of their spot, the rest will fall. They also share the load of chewing forces so that no single tooth bears excessive stress. Remove just one and there's room to roam and extra forces to absorb. Teeth neighboring the vacant space begin to slip and tip into it, altering the delicate balance of chewing.

178 MILLION PEOPLE
in the U.S. are missing
at least one tooth

THE #1 CAUSE
of adult tooth loss is
gum disease

69% OF PEOPLE
ages 35-44 have lost
at least one tooth

TOP 10 REASONS FOR TOOTH LOSS

1. BAD ORAL HYGIENE

If you don't properly clean your mouth daily, bacteria form a sticky acidic film, known as plaque. Plaque eats into the mineralized surfaces of your teeth leading to decay, gum disease, and eventual tooth loss.

2. REGULAR DENTAL CHECK-UPS

Dentists detect what you can't and catch early problems before they balloon into dental devastation.

3. NOT REPLACING LOST TEETH

Losing just one tooth often cascades into more tooth loss. Teeth rely on each other, and unbalanced forces destroy teeth and bone.

4. POOR NUTRITION

Lacking certain nutrients in your diet, such as calcium, can leave teeth weak and vulnerable. Additionally, excessive amounts of sugar and carbohydrates can usher in plaque and tooth damage.

5. TRAUMA

Accidents happen...even to teeth. An altercation with a football, a run-in with a wall, or a not-so-friendly fist: many unforeseen interactions can lead to a tooth knock-out.

6. TOOTH GRINDING

Grinding works for coffee beans. Grinding your teeth puts excessive pressure on the tissues supporting your tooth, sometimes accelerating bone loss. Lose the foundation, lose the teeth.

7. UNTREATED CAVITIES

Cavities left in place only get worse, leading to pain and infection. The next step is root canals or tooth loss.

8. CROOKED TEETH

Improperly aligned teeth offer hiding places for food and bacterial debris and make cleaning more challenging. Quiet cavities and painless bone loss may be the result.

9. SMOKING

Researchers have found smokers are twice as likely to lose their teeth as non-smokers. Tobacco and cigarette chemicals are known to cause gum disease – which can cause tooth loss.

10. DIABETES

Diabetes reduces the body's immune system, weakening its ability to fight plaque buildup on teeth. With a weakened immune system your body will take longer to heal from gum disease.



Migrating, collapsing teeth often alter the bone that surrounds them, leaving significant defects or pockets in the gum. These spaces become caverns for food and bacterial debris to accumulate. Left to linger, the toxic sludge often leads to cavities, infection, and bone loss.

SLIPPING AND TIPPING

Part two of this tale brings other actors onto the scene: the teeth

immediately above or below spaces that no longer have a chewing partner. Teeth keep each other in check from every angle. So when a tooth above or below goes missing, there's no counterforce to make contact with the opposite tooth when biting down. This means the tooth will erupt, or slip further out of the gum and bone. While this tends to happen slowly, it eventually results in exposed roots that may be sensitive and prone

to cavities. Altered bone and gum shape around teeth along with unbalanced forces between teeth can combine to turn a perfectly straight smile into crooked chaos.

But slipping and tipping of remaining teeth aren't the only dangers of missing teeth. Teeth maintain bone height and width in your jawbone and even stimulate new cells to form. Over half of a tooth is encased in bone, and this root holds the bone in place while encouraging bone growth due to chewing forces. Think of muscles that stay strong with continual use. Without the tooth roots, the bone not only ceases to grow but also begins to degenerate. A shrinking jaw has effects on the rest of the chewing system and even facial tone.

THE FRAMEWORK

Have you ever seen a tent that's missing a few poles? The canvas sinks in, sagging without the support of a complete framework. It might work ok, but it doesn't look so good. Your teeth and surrounding jawbone form an essential structure for the overlaying tissues of the face,

similar in function to the poles of the tent. If a few go missing, the face sinks and changes shape. In fact, sunken cheeks can instantly add ten years to your appearance. Unfortunately, a few missing can start a complete dental collapse.

THE REPLACEMENTS

Thanks to advances in technology and dental science, you have an impressive menu of choices to replace missing teeth and save your smile. Dentures and bridges offer your remaining teeth a tooth to lean on. Dental implants go a step further with surgically implanted posts that function as live tooth roots. The post of the implant stimulates the bone, rescuing you from bone loss.

Replacing missing teeth will help you cultivate and maintain a full and fabulous smile.

