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Myths vs. Facts

Returning the Elegance of Nature's Design to the Mouth

Commonly believed Myths about Dentistry	Facts that Challenge these Myths
As we age our gums recede. We get long in the tooth	Undue forces of a poor bite can cause bone loss
If my gums are receding I must be brushing too hard	Bone and gums recede in response to bite forces (soft tooth brushes can't do this)
I inherited bad teeth from my parents (or bad gums)	Balancing of forces in the mouth prevents degeneration
I grind because I am stressed out	Stress in people with balanced bites does not cause grinding
Worn teeth are a symptom of age	Worn teeth occur as a result of poor function or parafunction (again a result of bite forces out of balance)
My bone loss is because I didn't take better care of my teeth	Bone loss can be because of bacteria but in most cases results mainly from the undue forces of an imbalance in the bite
Orthodontics cured me of a poor bite when I was young	Orthodontics of the last 50 years was all about lining up smiles (not aligning chewing to true joint centered bites) The results of poor bites start to show up in midlife
My jaw being misaligned is just something I have to live with	After careful diagnosis it is often not difficult to align the bite so that it is self protective
The fact that my dentistry has worn out is normal	In a properly aligned and self protective bite dentistry will last much longer
My night guard protects my teeth and jaw joints	Most night guards cushion the teeth from each other but actually increase the muscle activity and can damage the joint
My dentist should decide what is best for my mouth	We believe that a co-created treatment plan provides the basis of a trusting and long term relationship. Please review <u>The Health Discovery Visit</u>