

Dentistry Through the Ages and Into the Future



Like any other practice in the modern age, the field of dentistry has changed greatly in the last 20 years. New and improved technology, as well as a better understanding of the mouth, gums and teeth, and how they affect overall physical health, has changed what a regular visit to the dentist means to the average patient.

But how was dental health changed over the years, centuries and eons?

Looking back all the way to prehistoric times, things were easy. One gathered food by hunting for it, and if you were very, very lucky, you might have had a nice piece of fruit for dessert. Your dental needs were simple: fractured jaws and broken teeth. But the jaw bone was larger on our caveman cousins, and thus all 32 teeth would fit nicely without any of that whole wisdom teeth bother in adulthood.

But times changed. Eventually, human beings were able to build houses, grew crops, and domesticate animals. We learned the fine art of cooking and realized that sugars and starches made food taste better. And because of these new additives, local barbers began to offer a new service in their establishments: dental care. A swig of the strongest liquor or a tap to the head with a bat was the anaesthetic of choice, and while you were out cold, the barber pulled out your loose, rotten or broken tooth and gave you a shave and a haircut.

In the last 100 years though, we have come a long way in understanding what goes on in the human mouth. We live a lot longer, so our teeth have to last a lot longer too. There are a number of options that your dental professional can take in order to keep your teeth healthy. If you lost a tooth, it can be replaced now with a new one secured by titanium posts. Do you want to create a brighter and more attractive smile? Cosmetically, dentists can offer braces, teeth whitening, and other options to make the best-looking teeth possible.

The more dentists learn about teeth and their vital place in overall health, the more improvements we can make in how we diagnose and treat people. As we look to the future, there are plenty more opportunities for dental health to grow and improve. Dentists are now regarded as inclusive healthcare providers, not just insuring that you

have nice and healthy teeth, but making sure that there's a harmonious relationship between muscles, joints, teeth and body posture.

Along with that is offering our patients advice on diet, smoking cessation, as well as taking into account allergies and breathing, and their correlation with good dental health. We are continually trying to figure out new ways to outsmart gum disease, now knowing that this can also lead to an increased risk of diabetes and heart disease. Moreover, we continue to come up with new ideas on how to combat cavities and bad breath, while making sure that dental care remains an important contributor to a longer, more fulfilling life.

Author: Lucia Ambrochi, DDS
West Hills Dentistry
Phone: 519-824-2966
Website: www.dentistrywesthills.com

**YOU
ON THE
TUBE**

Rogers TV presents programs made by and for our community. We're interested in program ideas that directly relate to the people of Guelph. If you have a show idea for your community television station, we want to hear from you! Visit us online at rogerstv.com

ROGERS TV
YOUR COMMUNITY ON CABLE 20

[ROGERSTV .COM](http://ROGERSTV.COM) **ROGERS**

™ Trademarks of or used under license from Rogers Communications Inc. or an affiliate. © 2010 Rogers Communications.