

KNOW YOUR TEETH



A quick guide to your Dental health

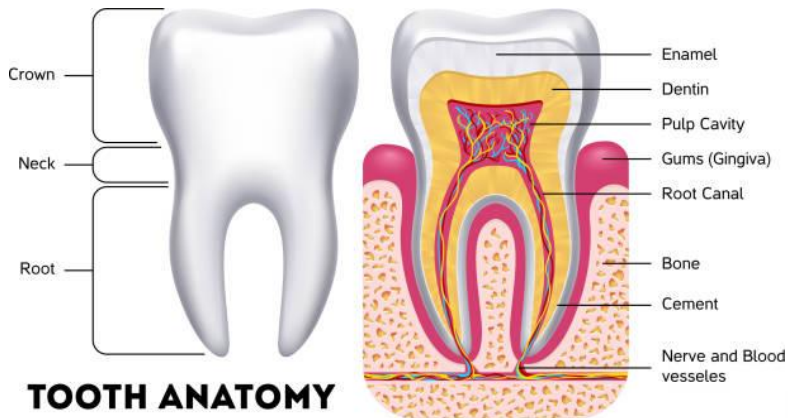
This book will help you understand your teeth and their importance
And help you to take care of your beautiful smile

Dr. Shahzeb Khan

“Know Your Tooth” - A Quick Guide to Your Dental Health

Get to Know Your Teeth: The Basics

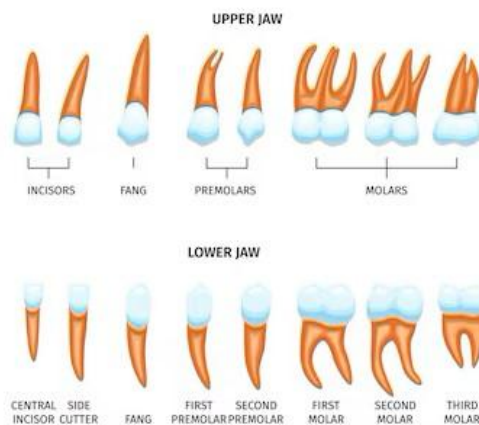
“Your teeth are unique and important. Understanding their structure helps keep them healthy!”



Parts of a Tooth:

- Crown: The visible part of the tooth above the gums.
- Enamel: The hard, outer layer that protects the tooth.
- Dentin: A softer layer under the enamel that supports it.
- Pulp: The innermost part, containing nerves and blood vessels.
- Root: Anchors the tooth into the jawbone.

Types of a Tooth:



INCISORS-central and lateral

They are the front teeth which not only improves the beauty of your smile, but also it plays a very important role in speaking and pronunciation of words perfectly .

CANINE

Also known as vampire teeth in general populations because of its shape. Apart from the function of tearing food items easily, it also plays an important role in beautifying the smile line and its guidance prevents us from many injuries and TMJ pain and unwanted wear of teeth.

Premolars

As the name suggests, they are just before the molars and looks like small molars. Fun fact is that they are not present in Baby teeth. They help in Chewing.

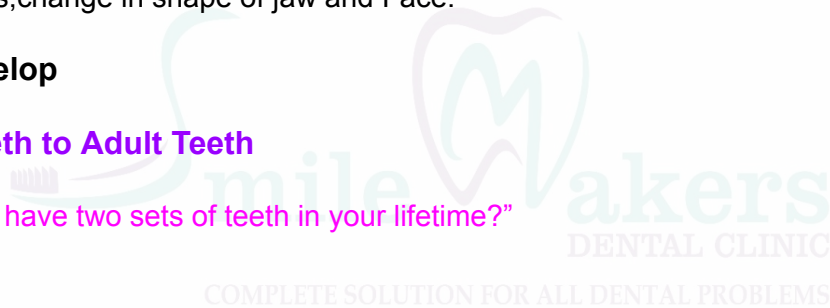
Molars

They play an important role in mastication and occluding. They decide the mandible growth and if they are missed (or extracted) it will lead to many problems like Bite problems, chewing disability, bone loss, change in shape of jaw and Face.

How Teeth Develop

From Baby Teeth to Adult Teeth

Did you know you have two sets of teeth in your lifetime?"



Baby Teeth (Primary Teeth):

They start appearing usually around 6 months and they fall out around age 6-12.

There are 20 only in numbers and play a very major role in guiding erupting adult (Permanent) teeth.

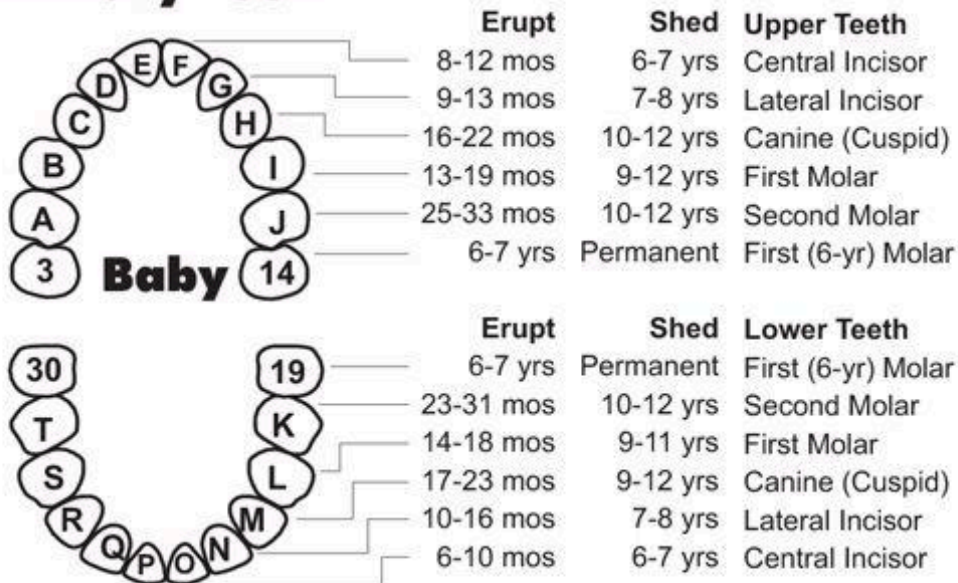
Adult Teeth (Permanent Teeth):

There are 32 adult teeth, which start coming in around age 6.

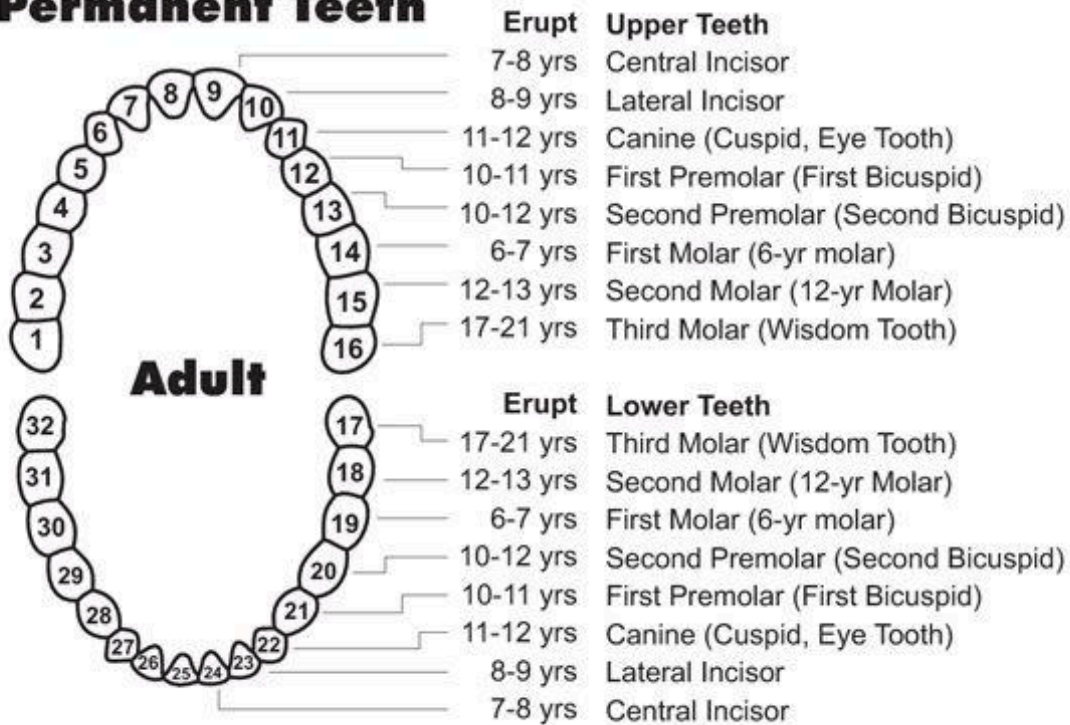
These are meant to last a lifetime, so caring for them is crucial.

Tooth Eruption Chart

Primary Teeth



Permanent Teeth



Simple Tips for a Healthy Smile

“Healthy teeth are happy teeth!”

Brushing & Flossing-twice daily

Diet: Avoid sugary snacks and drinks. Include tooth-friendly foods like dairy, nuts, and crunchy fruits and vegetables.

Regular Dental Visits: Seeing your dentist every six months helps catch problems early and keeps teeth strong.

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