

Fun Facts You Didn't Know About Your Teeth

Teeth are an essential part of our daily lives, from eating to smiling, but how much do we really know about them? Our oral health has a fascinating history, and the habits we form today can significantly impact not just our smile but our overall well-being. In this article, we've compiled some fun and surprising facts about your teeth that will make you appreciate them even more!



1. During the average Canadian lifespan, people typically brush their teeth for a total of almost 1000 hours.

That's more than a month of just brushing your teeth! The daily recommendation for maintaining the best oral health is to brush your teeth twice a day for two minutes each time. While brushing is very important, daily flossing is also necessary in your daily oral routine to help remove food and plaque between the teeth as these areas are harder to reach with only a toothbrush. By following these guidelines and completing regular examinations with your dentist, you can have optimal oral health and prevent many serious health issues that are related to oral hygiene.

2. Eating coconuts can help reduce the risk of gum disease and cavities as they have antibacterial properties.

Studies have shown that there are many psychological, societal and cultural factors that contribute to these statistics. There are several studies showing that smiling can reduce stress, improve your mood, boost the immune system, improve communication and so much more. So make sure to smile more often so that you can reap the benefits!

3. Your smile plays a huge part in human attraction, studies show that just over 60% of people are attracted to someone because of their smile.

4. Women are more likely than men to develop periodontal disease.

5. It was common practice to kiss a donkey if you had a toothache during the middle ages.

“ *On average, women smile about 70 times per day, compared to men who smile about 10 times per day. It takes 48 muscles to frown and only 17 to smile.* ”
