

Effects of sports on teeth arrangement and gingival attachment

Mohammadreza Charoosaei

Ahvaz Jondishapur University of Medical Science, Iran

Teeth vary in size, shape, and location in the jaws. Teeth start to form under the gums well before you are born. Most people are born with 20 primary (baby) teeth. These teeth start to push through the gums at around 5 to 6 months of age. All 20 baby teeth usually erupt by about age 2. Baby teeth are then lost as early as age 6 and are usually all gone by age 13. Permanent teeth then fill in. By age 21 most people have 32 permanent teeth—28 if wisdom teeth are removed. Everyone is at risk of tooth decay, or cavities (CAV-ih-teez). Tooth decay is one of the most common oral health problems. Bacteria that naturally live in your mouth use sugar in food to make acids. Over time, these acids destroy the out-side layer of your teeth, causing holes and other tooth damage. There are ways to help prevent tooth decay. Safe sports and physical activities help blood to flow better and rapidly. It is a well recorded affect in gingival.