

1: SHARP TEETH - Dental Health - MedHelp

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Which is a shame because even if you brush and floss daily, you could be overlooking some clear signs of the state of your overall health. So next time you pick up your toothbrush, stop and check your kisser for these clues that something may be amiss so you can remedy the issue. Sharp Tooth Pain Thinkstock A slight discomfort in your mouth is likely a piece of popcorn or nut lodged between teeth—something you can easily self-treat. But a sudden, sharp pain in your teeth when you bite down or chew is reason to see your dentist immediately, as it could indicate dental decay or a cavity, says Steven Goldberg, D. For throbbing, aching pain, he says to wait three days. If your mouth is still unhappy after that time, make a visit to your dentist. A dentist should be able to tell if your sinuses are clogged with an x-ray, and a decongestant should help the pain subside. Bleeding Gums Thinkstock "Contrary to what some people think, it is not normal for your gums to bleed," says Lory Laughter , a registered dental hygienist in Napa, CA. Seeing red while brushing or flossing could mean you need to step up your home care or that you have periodontal gum disease. Make a trip to your dentist as soon as possible for a thorough cleaning, and be sure to brush your teeth twice a day and floss once a day, as gum disease can be extremely dangerous to the rest of the body. In certain people with pre-existing heart valve conditions, this can even lead to death. Some studies have also found a possible link between gum disease and premature pregnancy and low birth weights. Permanently Stained Teeth Thinkstock First, the good news: She recommends polishing them away with whitening toothpaste that contains a derivative of hydrogen peroxide such as carbamide peroxide. You can also ask your dentist about over-the-counter treatments. This sort of crack cannot be fixed, and the tooth will have to be removed. Lastly, some stains may have occurred during childhood as a result of tetracycline antibiotics, and unfortunately bleach cannot make these go away, Cram says. Cracking or Loose Teeth Thinkstock Cracking, crumbling, or suddenly crooked teeth can indicate that you may need to check on your mental—rather than physical—wellness. Relieving stress is much easier said than done, but try to relax before going to bed by doing whatever will take your worries off your mind. Your dentist can also give you a bite guard to wear at night to keep your teeth apart, protecting them from wear and tear, Cram says. Other options for alleviating the symptoms of grinding include muscle relaxation techniques, physical therapy, and applying heat to the facial muscles. However since these may only relieve tension and not stop the grinding, you often still need a bite guard. Talk to your dentist to discuss your choices. Crater-like sores that appear inside or outside the mouth are canker sores and ulcers, Cram says. Stress, hormones, allergies, or a nutritional deficiency of iron, folic acid, or vitamin B may be to blame, and eating certain acidic or spicy foods can exacerbate sores. To alleviate them, an OTC topical cream or gel should work. If you have fluid-filled sores on your lips, those are cold sores, which are caused by the herpes simplex virus. They will crust over during healing, which can take up to three weeks, so avoid touching them or locking lips while they drain or "weep," as they are contagious. It may also be a symptom of gum disease, which requires a thorough dental cleaning and vigilant home care. Or you may have zinc deficiency, Goldberg says. Vegetarians can get their share from fortified cereal, legumes, wheat germ, pumpkin seeds, and milk products, or by taking a vitamin supplement, but always talk to your doctor before choosing a supplement or drastically changing your diet. Other triggers can include recent mouth trauma, chapped lips, a lip-licking habit, or excess saliva. Topical anti-fungal medications can provide relief, but also talk to you doctor to see if you are lacking B vitamins or iron, and to determine how to adjust your diet if necessary. While it may be the result of poor hygiene, dry mouth, or a medication, it may also be thrush, Laughter says. Swollen white nodes toward the back of your tongue could also indicate HPV, though your dentist would need to biopsy the lesions to be sure. Finally, while a bluish color on your tongue may just be a blood clot where you bit yourself, it could signify a more serious condition such as oral cancer. White Webbing on Your Inner Cheek Thinkstock White strand- or web-like patterns inside your cheek usually mean you have lichen planus, a condition that can also cause shiny red bumps on other areas of your skin such as your hands, nails, or scalp. Dry Mouth

Thinkstock "Dry mouth is a side effect of many medications, including antihistamines, antidepressants, and anti-anxiety meds," Laughter says. Of course if medication is the problem, you still have to address the issue since moisture in your mouth helps prevent cavities, tooth decay, gingivitis, and other oral infections. Try products that contain xylitol, such as sugar-free gum or Salese lozenges, which helps stimulate the production of saliva, Laughter says. Or if your breath is fruity, it could be a sign of diabetes.

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This article is endorsed by the Dear Doctor, I have been having tooth pain. What are the likely causes, and what can be done? Dear Brad, Generally speaking, pain is a protective response that ranges from minor sensitivity to severe pain and informs the body that something is wrong. What follows are some examples of symptoms you may be feeling and their possible causes. Sensitivity to hot or cold foods and liquids. If discomfort lasts only moments, sensitivity generally does not signal a serious problem. It may be caused by; a small area of decay in a tooth, a loose filling or an exposed root surface resulting from gum recession and possibly toothbrush abrasion. If a root surface is sensitive, keep it clean and free of dental bacterial plaque. Use a soft toothbrush, cleaning very gently at the gum line, and brush no more than twice daily. Try using fluoride-containing toothpaste made for sensitive teeth. You can even try using toothpaste like an ointment, rubbing it into the root surface for ten minutes or so at a time. If the sensitivity continues, see your dentist. Sensitivity to hot or cold foods after dental treatment. Dental work may result in tooth sensitivity due to inflammation of the pulp tissues inside a tooth. This sensitivity should last no longer than a few days; however, if decay has recently been removed or a filling or crown recently has been placed, a tooth may take a week or two to settle. Mild pain relievers like acetaminophen, aspirin or ibuprofen should help. If the pain persists or worsens, see your dentist. Sharp pain when biting down on food. See a dentist to diagnose the problem before the pain worsens. Decay will need to be removed, and a loose filling replaced by your dentist. A cracked tooth may be difficult to treat not only if it involves the pulp, but also depending on the location and depth of the crack. Lingering pain after eating hot or cold foods and liquids. See your dentist or endodontist to diagnose the problem before the pain becomes severe due to the development of an abscess. The tooth will likely need root canal treatment to remove the dying or dead pulp tissue to save the tooth. Dull ache and pressure in the upper teeth and sinus area of one or both sides. Pain felt in the sinus area of the face is often associated with the upper back teeth because they share the same nerves. Therefore, sinus pain can feel like tooth pain and vice versa. See your dentist or endodontist to find out if the symptoms are dentally related; otherwise, you may need to see your family physician. Acute and constant pain from an area, but difficult to say exactly which tooth is causing the problem. The pulp tissue inside a tooth is acutely infected, inflamed and dying. This is generally in response to decay coming very close to or entering the nerve. See your dentist or endodontist immediately for a thorough examination. Once the problematic tooth is isolated, a root canal treatment to remove the infected pulp tissue will bring relief while saving the tooth. Untreated, the pain could become worse. Constant severe pain and pressure, swelling of the gum and sensitivity to touch. See your dentist or endodontist immediately. A root canal will probably be required. Over-the-counter medications like acetaminophen and ibuprofen will help minimize symptoms until you are treated. Note in the above examples, possible problems and solutions are suggested but they only provide possible guidelines. In all cases of tooth or jaw pain or discomfort in and around the teeth and jaws, see your dentist as soon as possible for a proper evaluation and treatment. Your dentist may refer you to an endodontist for diagnosis and treatment, especially if the issue is related to a root canal problem. And if your pain has a medical component, your dentist or endodontist will refer you to a physician. Email your dental questions to consultations deardocor. Look for the answer in an upcoming issue!

3: Tooth Pain - Likely causes and what can be done

Today, saber-toothed animals include the walrus, musk deer and warthog, all of which grow incredibly long and sharp canines, the hallmark of a saber tooth. (Elephant tusks are long incisor teeth.

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Other Causes of sharp tooth Tooth Abrasion- It is a pathological process in which teeth wearing occurs due to external agents like heavy and prolonged tooth brushing; which may cut the tooth at special angle and make it sharp in time.

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Why Is My Tooth so Sharp and Pointy? Have you noticed that one of your teeth is very sharp? When feeling it with your tongue you may get poked by the point of it, which isn't where you'd expect the point to be.

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