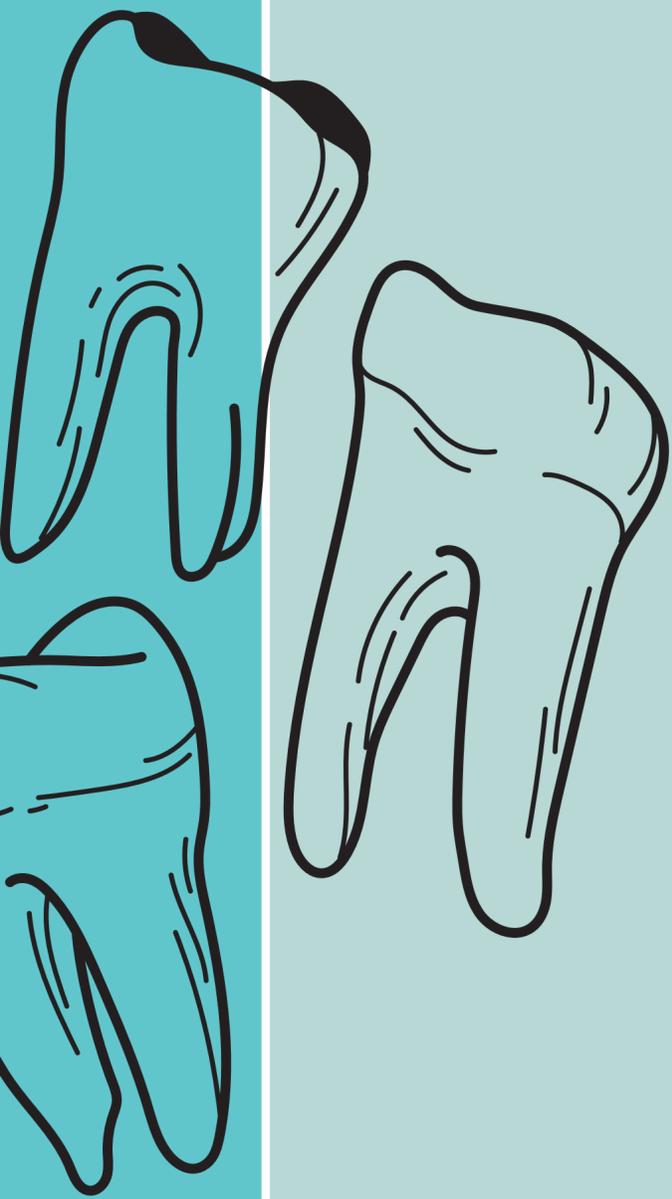


FEB 2021

Sparkle

TEETH
HEALTH
BEAUTY
HAPPINESS



"There's magic in your smile."

Who was the first to
create and
popularise **modern**
teeth elevators?

Steps
for Having

Healthy Teeth



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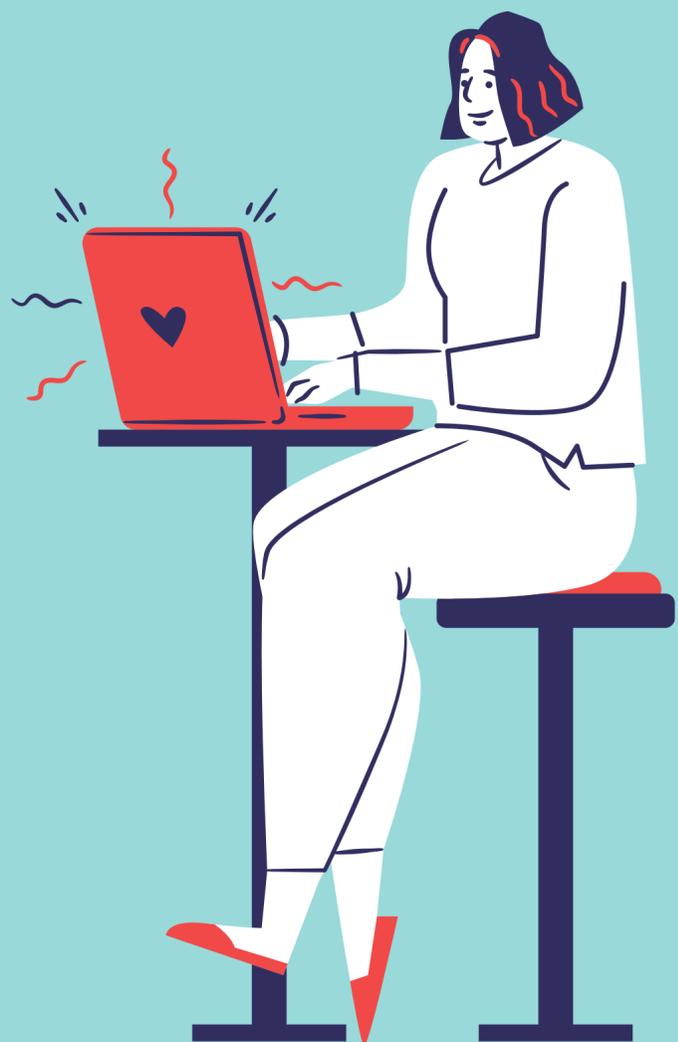


Zahra Zhafiira A.

Welcome to the February 2021 Edition of Sparkle! This is a special edition with colourful pages filled with informational contents regarding our teeth, health, beauty, and especially, our happiness! In the age of technology, especially around this time where we are all quarantined due to recent COVID-19 outbreak, we might find ourselves feeling lonelier and

more secluded in society as our lifestyles have changed drastically more than ever. This can affect our usual routines of meeting other people, interacting normally, and most importantly, smiling. In this edition of Sparkle., we will answer your questions, whether it is trivial such as how to take care of our teeth or how to choose the perfect toothbrush. Aside from that, we also provide information to answer questions, for instance, *"how do we actually smile?"* or *"why do we smile?"*

In short, this edition of Sparkle. is definitely worth reading. We hope that with this magazine, it will continue to assist you in your interests and curiosity regarding your oral health. We would like to wish you a wonderful day, and remember to stay happy, healthy, and smile!





1

Brush your teeth gently.

recommendation : prioritise brushing teeth with toothbrushes with **soft bristles**, as stiff bristles can lead to having injured gums and tooth enamel.



STEPS FOR HEALTHY TEETH

Source : Current Health

How long?

It is recommended to spend at least 3 minutes each time you brush your teeth.

How often?

Brush your teeth approximately **twice a day**; once after breakfast and before bedtime.

It is also suggested that you should not forget to always flush or rinse your mouth with water after every meal, especially when you have eaten something sweet or food with a sticky texture that contains sugar so it won't get stuck and damage your teeth.

2

Floss!

Sometimes, your toothbrush might not be able to reach the area between your teeth or the inside part of your gums. About 35 percent miss of your tooth area can be a result of **not flossing**.

How often?

Floss your teeth at least **once a day** after brushing your teeth.

Check your teeth regularly.

3

You should try to make an appointment and visit your dentist regularly to check your teeth and gums officially. Your dentist can do a thorough and professional checkup and may also want to X-ray your teeth periodically to check if there are any problems.

Do not wait until finally you have a problem with your teeth, or it might be too late.

4

You are what you eat.

Eat and maintain a well-balanced diet, including fresh vegetables, fruits, healthy protein, and calcium in order to get strong and healthy teeth and gums!

Snack smart!

Eat :

- Apple
- Carrot sticks
- Peanut butter on whole-grain bread

Avoid :

- Potato chips that contains a lot of sugar seasoning

This can avoid causing plaque in our teeth.

AVOIDING HAVING "BAD BREATH"

Bad breath can be caused by the plaque on our teeth and gums.

Solutions :

- Routinely brush and floss your teeth.
- Brush your tongue also!
- Eat a well-balanced diet
- Rinse your mouth with water each time you eat or use a plaque-reducing mouthwash
- Reduce eating food that has a strong odor



CHOOSING YOUR TOOTHBRUSH

Which toothbrush works best for your teeth?

WHAT IS A TOOTHBRUSH?

An instrument that is used to remove dental biofilm and residue from our teeth.

What are toothbrushes for ?



FUNCTION OF A TOOTHBRUSH

1. To clean teeth of food residue, stains, and debris on our teeth
2. To prevent our teeth to form plaques
3. To stimulate and massage gingival tissues in our teeth
4. To clean the tongue from bacteria

How do we choose the best toothbrush for us?

Choose one that fits your mouth the best and allows you to reach all areas in your mouth easily!



Manual or Electric Toothbrush?

Both toothbrushes can serve to be both as useful, considering how and why you use it. Electric toothbrushes has been tested and proved to be more effective at removing plaque as the heads can oscillate in many directions in the mouth.

Manual toothbrushes is effective enough to clean your teeth, if you use the correct brushing technique. This way, it would not be necessary to use an electric toothbrush. However, it is recommended that you should a powered or electric toothbrush if you have a health condition, for example, arthritis, muscular dystrophy, cerebral palsy, and stroke which means you have limited dexterity and need assistance for brushing teeth yourselves.



Source : DealNews

ELECTRIC TOOTHBRUSH?

It's a powered tooth brush that has a oscillating rotating or vibrating head. It can provide a wide range of cleaning action with little movement from the user.

AN IDEAL TOOTHBRUSH

Your ideal toothbrush should have ...

- Soft or extra soft bristles (Avoid medium and hard bristled toothbrushes)
- Small head (to fit into your whole mouth)
- Flexible neck
- Tapered or rectangular head
- Rippled, flat, or trimmed-style for bristles



A STUDY OF SMILES

What constitutes a 'smile'?

A smile is a facial expressions that is derived from emotions and psychological state of a person, usually has a meaning to express **happiness and pleasure**.

It requires the **coordination** of facial, gingival, and dental components.

The act of smiling usually links to multiple benefits, whether it is to our social, physical, and mental health.



My mood becomes better and healthier when I smile.



Smiling is also one of the reasons our stress level is down.

This is caused by the release of chemicals called **endorphins** when we smile, which lowers stress and creates a feeling of euphoria. As a result, this can also reduce our heart rate and blood pressure.

When I see other people smile, it makes me want to smile as well!



Every time you smile, you activate positive neural messaging in your brain to your body with 'feeling good' signals which benefits to your overall mood. Some might say you can also look better-looking when you smile! This happens because with a happy smile on your face, we can ease ourselves around people, and people can return our smile and feel relaxed and comfortable around us as well.

Neural messaging in your brain can also trigger your confidence, and by smiling, our body can be told to feel more **brave** and **relaxed**, thus can elevate our level of confidence.



I am more confident when I smile and I don't feel stress anymore!

Smiling can be contagious, the same as laughing and sneezing. This is caused by cells called **mirror neurons**.

This is why when we see other people smiling earnestly or have a big happy smile, we might find ourselves cannot help but involuntarily smile with them as well.

Psychology of A Smile



"Duchenne smile" VS "Fake smile"

"true smile of happiness"

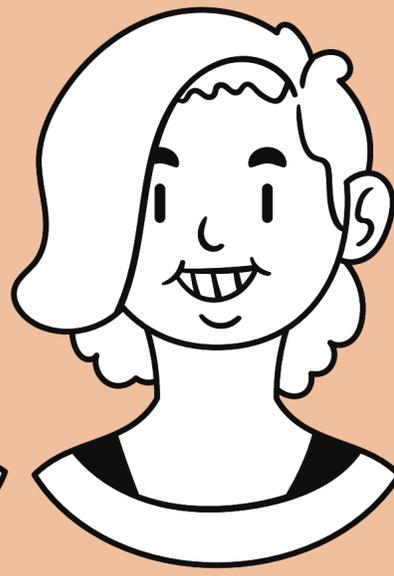
happens when someone is **genuinely happy** or feeling *real happiness*.

Signs :

1. There are lines formed around and under the eyes as a reaction controlled by the orbicularis oculi muscle.
2. Raised cheeks
3. Corners of the mouth being pulled back or up, which is controlled by the zygomatic major muscle.

happens when someone does not feel genuinely happy or is forced to smile, *feigning real happiness*.

Some smiles do not reflect enjoyment at all. They sometimes reflect a complex and wide range of emotions, which includes embarrassment, deceit, and grief.



Charles Darwin and the "Facial Feedback" Hypothesis

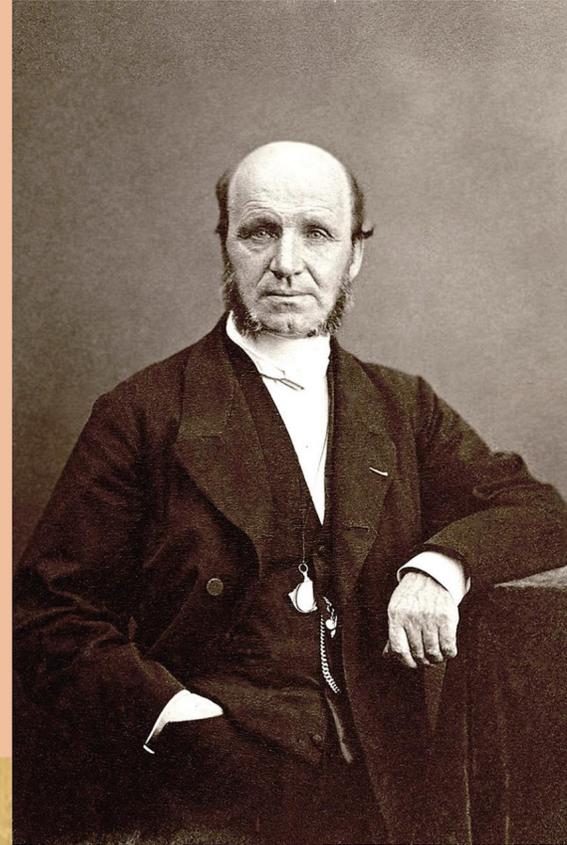
Charles Darwin was the first to discover an idea in which later developed into a hypothesis modern scientists created called the "facial feedback hypothesis" in the 1800s. This hypothesis is explained to be an idea that suggests that smiling is able to make you happier, and frowning can make you sadder or angrier in return. In short, changing your facial expression has an effect on transforming your own mood.



Guillaume Duchenne, the founder of "Duschenne Smile"

A French anatomist, Guillaume Duchenne, studied the science of emotion and expression by with electrical currents. The test were painful, and was said to sometimes be done on severed heads of executed criminals. It was stated in his 1862 book titled *Mecanisme de la Physionomie Humaine* that "the zygomatic major can be willed into action, but that only the "sweet emotions of the soul" force the orbicularis oculi to contract."

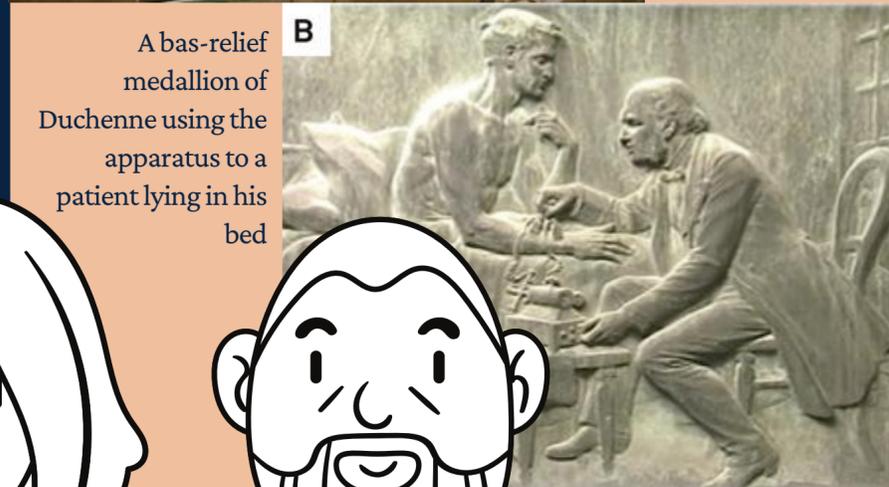
"Its inertia, in smiling,"
Duchenne wrote,
"unmasks a false
friend."



Source : SciELO



The scientific apparatus of faradic voltage induction idealized by Duchenne in his experiment.



A bas-relief medallion of Duchenne using the apparatus to a patient lying in his bed



What happens if you put on an 'ugly' smile?

Having a frown or "unhappy or ugly smile" can lead to having **high risk** of developing psychological problems :

Depression

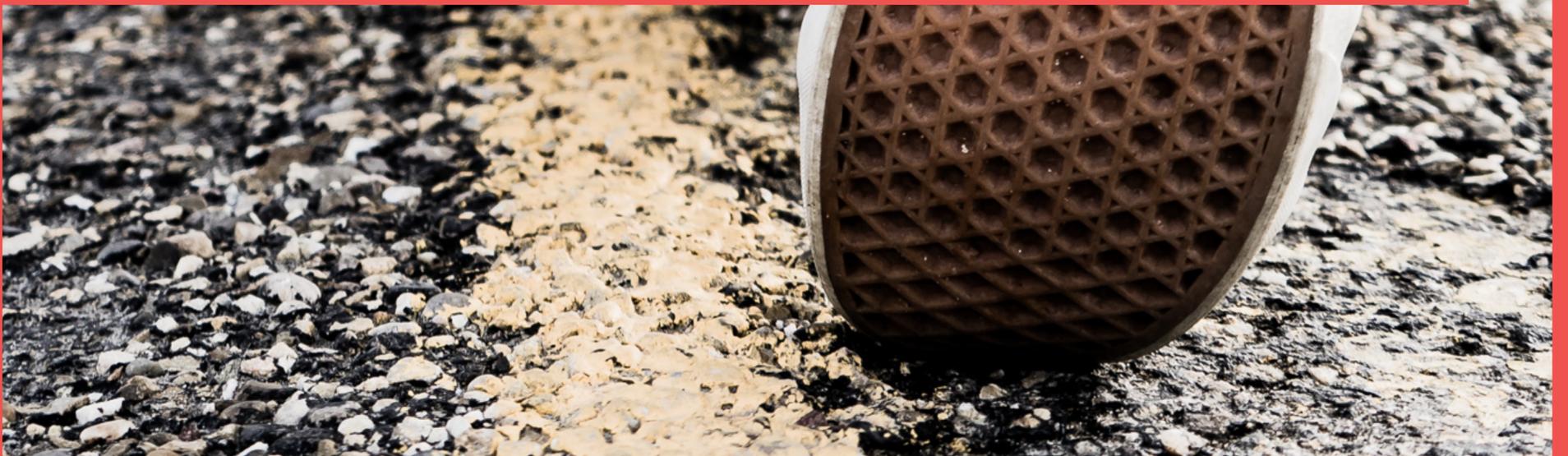
Anxiety

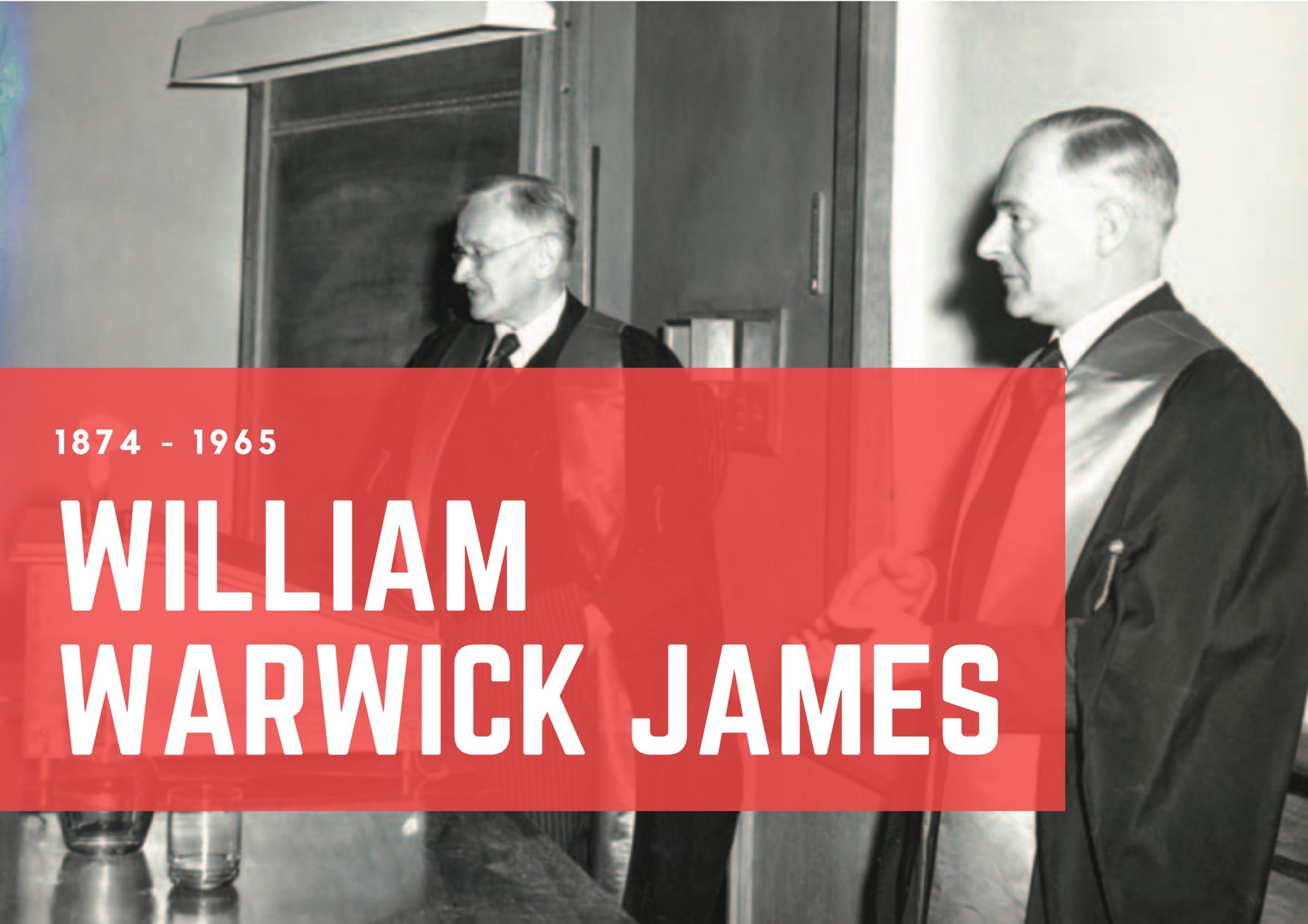
Low-esteem

This also has an impact on their oral hygiene, leading to feelings of insecurity of their teeth and avoid exposing them by smiling.

FAMOUS PEOPLE

For the brave and brilliant people who has
contributed in the oral dental and health industry
until today.





1874 - 1965

WILLIAM WARWICK JAMES

His own creation of left and right scaling instruments used to elevate dental roots also results to him being named after his own left and right elevators in their development.

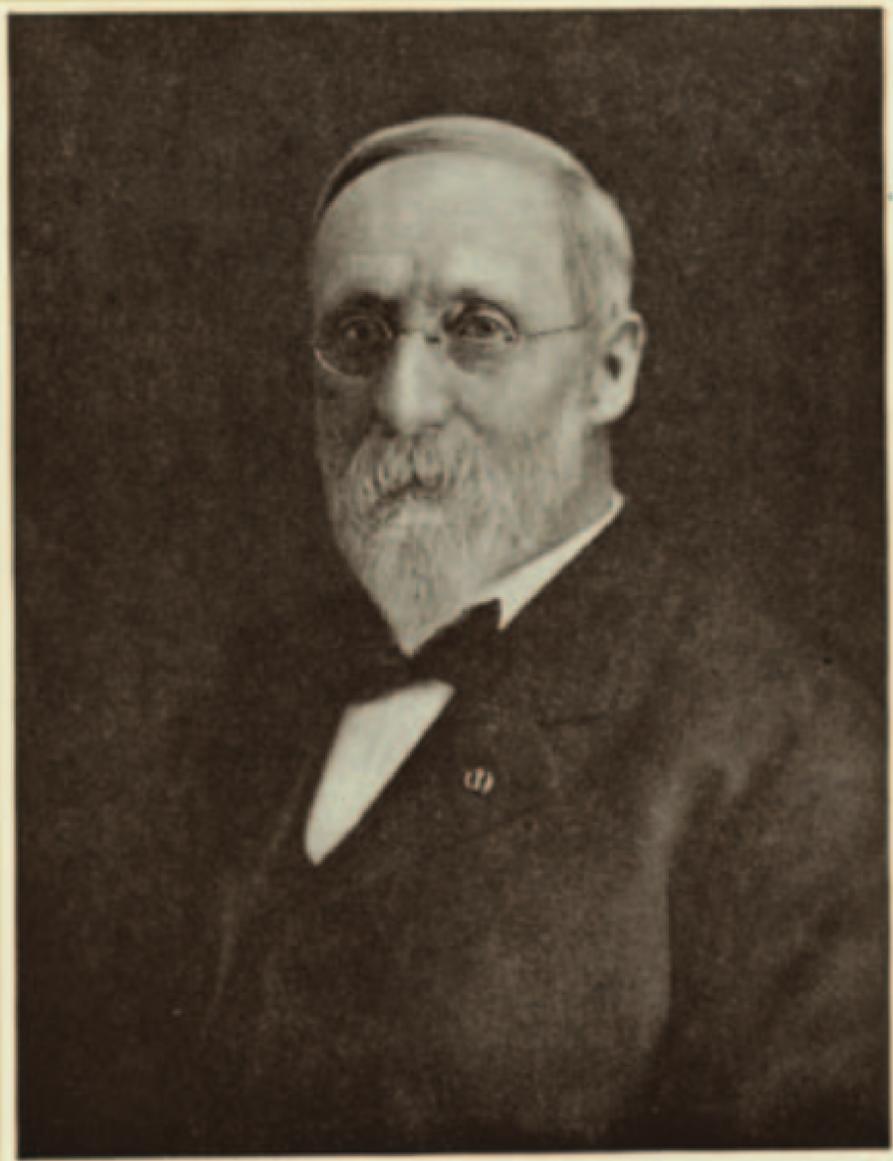
**the origin of
his modern
elevators**

Warwick James's straight, right, and left elevators.

HIS CONTRIBUTIONS

He was reported to have used a different method in extracting teeth because of his preference of not using elevators. His approach was utilised in both tooth mobilisation and drainage, which is likely to be the pioneer to the "lingual split technique" used in dental surgery.

He co-authored in various important papers on subjects such as odontomes, dental cysts, and many others. He worked in the maxillofacial unit at the Third London general Hospital during and after the First World War.



Matthew H. Cryer

HIS CONTRIBUTIONS

He wrote several anatomical textbooks, including *Studies of internal anatomy of the face* (1901) and participated in the development of "electrically operated surgical engine for cutting bone and spiral osteotome and guard for cranial surgery."

In 1904, he managed to create a design of universal incisor and root forceps for the upper teeth and lower teeth. He believed that these forceps could be used to extract any tooth in the mouth. He was also responsible for the increase of use of elevators in dentistry.

his modern teeth elevators

His own creation of left and right scaling instruments used to elevate dental roots also results to him being named after his own left and right elevators in their development.



1840-1921

MATTHEW H. CRYER

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