



Dental Care (Young Adult's Guide to the Science of Health)

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Did you know that poor dental hygiene can increase your risk of heart attack and stroke? Or that the incidence of cavities and tooth decay increases in the teenage years? Did you know that countries with a higher standard of living (like the United States, Canada, and England) actually have higher rates of tooth loss and decay than countries with a lower standard of living? Or that dental drills existed for thousands of years before people even had electricity? Dental hygiene is extremely important to both your physical and emotional health. Your teeth are an integral part of many important activities, such as eating, speaking, and smiling. From the Mayan practice of inlaying semi-precious stones into teeth to today's practices of braces and high-tech dental care, this book covers a wide range of dental topics. It will tell you how dental care has developed throughout the ages and will introduce you to some of today's most cutting-edge technologies. Most important, it will guide you through everything you need to know about caring for your teeth and maintaining a beautiful smile today and into the future.

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