

## The Different Types of Teeth and Their Functions in Maintaining Oral Health

Gregor Robertson\*

Department of Dentistry, University of Andorra, Sant Julia de Loria, Andorra

### DESCRIPTION

Teeth are remarkable structures in the human body, serving a multitude of purposes beyond just chewing food. From shaping our facial structure to aiding in speech, teeth play an integral role in our daily lives. Understanding the different types of teeth and their functions is crucial for maintaining optimal oral health. This study explores into the dental anatomy.

**Incisors:** Incisors are the sharp, chisel-shaped teeth located at the front of the mouth. They are designed for cutting and slicing food into smaller, manageable pieces. Humans have a total of eight incisors, four in the upper jaw and four in the lower jaw. These teeth are essential for biting into apples, carrots and other crunchy foods [1].

**Canines:** Canines, also known as cuspids, are the pointed teeth situated next to the incisors. They have a single pointed cusp and are well-suited for tearing and gripping food. Canines play a vital role in tearing meat and other tough substances. Adults have four canines, two in the upper jaw and two in the lower jaw.

**Premolars (Bicuspid):** Premolars are larger and broader than both incisors and canines. They have two or more cusps on their biting surface, making them efficient for grinding and crushing food. Premolars are located behind the canines and are responsible for further breaking down food particles before swallowing. Adults typically have eight premolars, four in each dental arch [2].

**Molars:** Molars are the largest and strongest teeth in the mouth, situated at the back of the dental arch. They have multiple cusps and a broad chewing surface, ideal for grinding and pulverizing food into smaller pieces. Molars are essential for the final stages of chewing and preparing food for digestion. Adults have a total of twelve molars, including four wisdom teeth.

**Wisdom teeth (third molars):** Wisdom teeth, also known as third molars, are the last set of molars to erupt in the mouth. They usually emerge during the late teens or early twenties, but not everyone develops them. Wisdom teeth can cause problems

such as impaction, crowding and misalignment due to insufficient space in the jaw. As a result, they often require extraction to prevent complications [3].

**Chewing and grinding:** The primary function of teeth is to break down food into smaller pieces through chewing and grinding, facilitating digestion.

**Speech articulation:** Teeth play a crucial role in forming sounds and articulating speech. They help in shaping the airflow and pronunciation of various consonant sounds.

**Maintaining facial structure:** Teeth provide support to the lips, cheeks and facial muscles, contributing to facial aesthetics and preventing sagging of facial tissues.

**Confidence and self esteem:** A healthy and attractive smile boosts confidence and self-esteem, influencing social interactions and overall well-being.

### Importance of dental care

Proper dental care is essential for maintaining healthy teeth and gums throughout life. Regular brushing, flossing and dental check-ups help prevent dental decay, gum disease and other oral health issues. Additionally, consuming a balanced diet and avoiding sugary snacks contribute to optimal oral hygiene [4].

### CONCLUSION

Teeth come in various shapes and sizes, each serving a specific function in the chewing process. Understanding the different types of teeth and their roles is vital for maintaining good oral health. By practicing proper dental care habits and seeking professional dental treatment when necessary, one can ensure the longevity and well-being of our teeth for years to come.

### REFERENCES

1. Sarna-Boś K, Boguta P, Szymańska-Chargot M, Skic K, Zdunek A, Stachurski P, et al. Insight into structural and chemical profile/ composition of powdered enamel and dentine in different types of permanent human teeth. *Micron*. 2024;103608.

**Correspondence to:** Gregor Robertson, Department of Dentistry, University of Andorra, Sant Julia de Loria, Andorra, Email: robertson\_h@aedu.com

**Received:** 27-May-2024, Manuscript No. AEDJ-24-30992; **Editor assigned:** 31-May-2024, PreQC No. AEDJ-24-30992 (PQ); **Reviewed:** 14-Jun-2024, QC No. AEDJ-24-30992; **Revised:** 21-Jun-2024, Manuscript No. AEDJ-24-30992 (R); **Published:** 28-Jun-2024, DOI: 10.35248/0976-156X.24.16.287

**Citation:** Robertson G (2024) The Different Types of Teeth and Their Functions in Maintaining Oral Health. *Ann Essence Dent*. 16:287

**Copyright:** © 2024 Robertson G. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

2. Abdulhameed N, Volschow B, Abedi T, Bifaretti N, Slipak I, Manibo A, et al. Clinical wear of different types of denture teeth after one year in service: A clinical study. *J Prosthet Dent.* 2023.
3. Patil VA. Comparison of retention of cast crown luted with glass ionomer cement in presence of two different types of desensitizer agent on extracted teeth-an invitro study. *Heliyon.* 2024;10(3):5891.
4. Jiang C, Wu X, Lu D, Xu Z, Jin L. Contact modeling and performance evaluation of ring type traveling wave ultrasonic motors considering stator teeth. *Ultrasonics.* 2021;117:106518.