

Dental Occlusion and Oral Health

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Philip L Millstein*

Department of Restorative Dentistry, Harvard School of Dental Medicine, Boston, Massachusetts, United State

***Corresponding Author:** Philip L Millstein, Department of Restorative Dentistry, Harvard School of Dental Medicine, Boston, Massachusetts, United State.

Dental occlusion is a neglected factor in dentistry. Oftentimes it is spoken about yet it is not comprehensively addressed by the dental profession. Why is its practical application not addressed? The occlusion is the coming together of the upper and lower jaws in harmony.

One reason for little attention is that a clinician can not see the occlusion. If you can not see then you can not treat. Dentists use older techniques to mark the occlusal contact areas of the teeth however they rarely obtain a complete oral picture making it easy to neglect essential problems. Occlusion is also an essential element for implant longevity. If the "bite" isn't even then the bone attached implant health is jeopardized. Closing the jaws in harmony is an essential element for a long term life because choice of food coupled with chewing efficiency controls what we purchase and ingest. Nutritional supplements such as powdered foods are used as a substitute to masticating actual fruits and vegetables. Basically a sound occlusion is essential to food selection and digestion. There are no substitutions to properly functioning dentitions. Our health depends on it.