Oral hygiene for great whites.

 The mouth of the Great White Shark can produce tens of thousands of teeth during its lifetime. These teeth are arranged in up to three external rows, with over 50 teeth in each row. The shark uses these teeth to rip its prey apart. Sometimes the shark can lose a tooth. When this happens, a new tooth grows out where the old one was like a conveyer belt of flesh-ripping bones that never ends. This means that the shark always has a full mouth of teeth.

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Unfortunately, you are human. You only get two sets of teeth in your lifetime, and you’ve already gone through one of them. It’s important that you pay attention, because if you bite into a fish and it gets away with your tooth, you won’t be getting a new one back. That’s why you need to take care of the ones you have.

 In addition to seeing the dentist regularly, which the Navy takes care of, and flossing, you need to brush your teeth twice a day. Until you do, your breath will stink, your teeth will be yellow and will start falling out, and you won’t be growing any new ones back.

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 Bad breath is a problem that affects all of you, whether you know it or not. People with bad breath are often unaware that they have it. If, after hearing that, you feel the need to put your hand up in front of your mouth to sample your own neglected germ factory, this may be the most important speech you hear today. As “Smart Medicine for Healthier Living” puts it, bad breath can be an indicator of diabetes, postnasal drip, dental infection, strep throat, lung abscess, tonsillitis, sinusitis, liver failure, kidney failure or oral herpes, but most of the time it’s just an indicator of poor oral hygiene.

The smell of your rotting mouth will prevent you from keeping a job, getting a new job, getting a girlfriend, getting a boyfriend, getting a friend, or catching your prey so you don’t starve to death.

You have all sorts of food particles in your mouth. These food particles stink, but they don’t stink as much as the bacteria that you are feeding with them. These naturally occurring microorganisms in your mouth are mostly harmless, but I’m going to tell you how trying to kill them is causing your teeth to rot.

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Plaque consists of all those nasty food bits you didn’t brush off your teeth combined with all those oral microorganisms you’re feeding. Now, plaque is not dangerous if it’s left alone for a few hours. In a thin layer, these microorganisms don’t produce anything that rots your teeth or hurts your gums. The problem happens when you let plaque build up, and the bacteria at the bottom of the pile, next to your teeth, can’t breathe the air anymore. You’ve got them buried alive, and these little guys don’t want to die. What they do then is they change the way they breathe so that they don’t need air anymore.

 The byproduct of this anaerobic breathing is acids. Acids that are on your teeth. Now, usually your saliva will wash away and neutralize the acids in your mouth. In theory, you could eat candy all day, so long as your saliva is there to protect your teeth. So you’ve got this acid that you’ve let build up on your teeth, and it is eating away at the dentin, which is the outer layer of your tooth, until it gets in there, and starts rotting the insides of your tooth. Now you’ve got a cavity, and the only thing that caused it was just having a layer of plaque on your tooth that your saliva couldn’t penetrate. That’s not a lot of plaque!

 When plaque gets old, it turns into calculus. Calculus is hard. Calculus is also known as tartar, and it’s crusty, yellow, and adheres strongly to your teeth.

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 If you brush your teeth twice a day, you can prevent all of this from happening. Brushing in the morning will keep your breath fresh and remove all the food you ate for breakfast from your teeth. Brushing at night just before you go to bed will remove all of the other stuff you’ve gotten in your mouth during the day, and it will protect your teeth during the night, which is when you produce the least amount of saliva and your teeth are at their most vulnerable to acids. You’re not a shark, but you can have a GREAT WHITE SMILE.