

## Teeth and Bones

The average person spends 38.5 days of their lives brushing teeth. Yet how well do you know your teeth and bones that we rely on every day? Challenge yourself with these questions:

**Question #1:** Are teeth bones?

Answer: Teeth are NOT bones, they cannot heal or grow back if damaged. Our teeth are part of our skeleton as they contain calcium and minerals but they lack collagen, which gives bones the flexibility and strength.

**Question #2:** How much of our teeth are visible?

Answers: Only two thirds of your teeth are visible. This is why our gums need just as much attention!

**Question #3:** Are any teeth alike?

Answer: No two teeth are alike! Your teeth are arranged in your mouth as uniquely as your fingerprints!

**Question #4:** Which has more bones, our hands or feet?

Answer: The human hand and wrist contains 54 bones while the human foot is only 26 of the 206 bones in adult bodies.

**Question #5:** At what age do 98% of young adults have their skeletal mass developed?

Answer: 20! During childhood and ten years, new bone is added to the skeleton faster than old bone is removed. So we build it young! The density begins to decline after 30 years old, but could be prevented by continuing to get calcium, Vitamin D, and exercise as well as avoiding tobacco and excessive alcohol use, according to National Institute of Health.

**Question #6:** What percentage of adults consume the recommended daily intake (RDI) of calcium?

Answer: A mere 35%. Calcium is the most important mineral for bone health, and it's the main mineral found in your bones. The RDI for calcium is 1,000 mg per day for most, although teens need 1,300 mg (as they are building that mass!) and older women require 1,200 mg.

Here are some ideas for calcium:



**Question #7:** What's the best way to build healthy bones?

Answer: ALL of these!

1. Eat lots of vegetables- especially the green ones!
2. Strength training or weight-bearing exercises- walking!
3. Consume enough protein- especially fish containing Omega 3's like salmon and sardines.
4. Eat calcium-rich foods and often!
5. Strive for Vitamin D and K. Again, think dairy and greens!

*Fun facts gathered from: [Americanbonehealth.org](http://Americanbonehealth.org) and [bones.nih.gov](http://bones.nih.gov)*