

## Tooth Sensitivity: A Commentary

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First of all need to understand, what is tooth sensitivity? While eating, you feel unexpected jerk or jolt in your teeth is tooth sensitivity, mostly hot, cold, acidic, or sweet food, cold air and sometimes when you brush your teeth.



**Figure 1**

### **Actual phenomenon**

How it produces, I feel that little introduction you need to understand this process you must have some knowledge of tooth structure or Anatomy. Outer covering of the tooth is known as ENAMEL, which is hardest material in your body which gives protection from all outer objects, Scientist believe that this is the harder than bone. Now you can imagine that how much it is strong and protective, your tooth remains same condition and safe even you eat all the time and use multiple types of food. The under lying layer on the crown part of the tooth is DENTINE, it contains tubules or canals and soft tissues as well, not enough harder, but very sensitive. Third part is CEMENTUM it covers all root portion and little crown portion under the gums. Fourth part is PULP which contains soft tissues, blood vessels, Innervation, and soft tissues, remember we mentioned about tubules in dentine, these tubules lead connection to the pulp and pulp have most sensitive body part which is NERVE. This most important and very sensitive part of the tooth creates sensitivity through dentinal tubule by direct stimulation of nerve endings in the pulp against the uses of food and drinks.

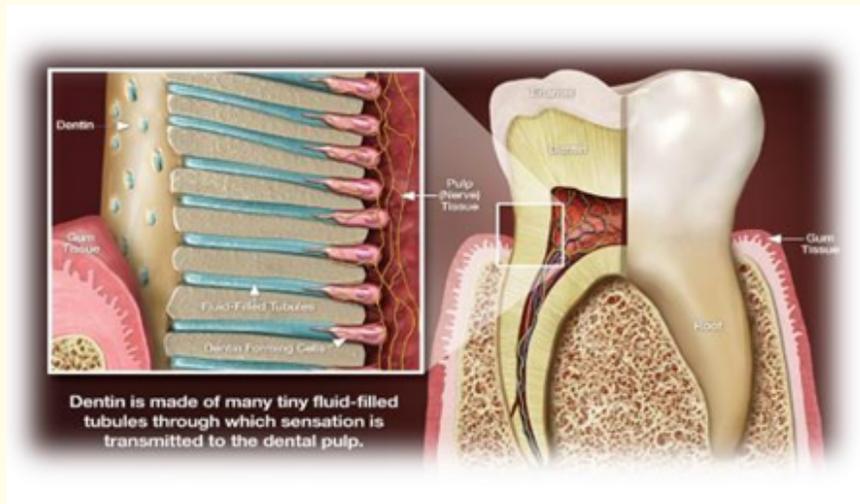


Figure 2

**Sign and symptoms**

Pain which will be sudden and very sharp for at least 1 to 5 minutes duration, Discomfort, after bite hot or cold food especially ice cream, hot beverage. It may be temporary or acute or with long duration means chronic.



Figure 3

**Etiology**

Pain may be trigger while brushing with hard and quick moment or vigorously. Sugary drinks also cause pain, too much use of acidic in nature food cause erosion of teeth that may leads sensitivity, Teeth grinding, repeated sessions of teeth whitening whiteout Dentists recommendation, Worn tooth enamel due to any other cause, exposed root which normally covered with cementum and gingiva, Tooth cavity, chipped off or cracked tooth, Tooth Filling, High spots of fillings, Gum disease, Gum recession due to any internal or external cause, Repeatedly and Too much use of tooth picks, Frequent use of Mouth washes without Dentists concern. Unnecessary sessions of scaling and polishing, home bleaching, genetically susceptible to gum disease mean inherited, smoking by creation plaque which leads gum recession. Too much anger may lead excessive teeth grinding which results tooth sensitivity, Depression, Medication which causes gum recession.

