



PRESS RELEASE

## Bones and Teeth — Important Differences

Presented by the Sacramento Dentistry Group

SACRAMENTO, CA—June 7, 2018 — The website of the [Sacramento Dentistry Group](#) has recently seen many people asking whether teeth are the same as bones. Although these two body parts share many similar elements, such as calcium and phosphorus, the simple answer is that teeth are not the same as bones. Essential differences require regular care to protect the teeth.

### Bones Repair Themselves

Anyone who has ever broken a bone knows that if the bone is put back together and splinted properly, it will heal itself. A broken bone that is set well, much like two pieces of a puzzle, basically performs just as it did before. On the other hand, anyone that has suffered a broken tooth knows that teeth cannot fix themselves, whether you set the broken parts back together or not. Even lesser damage, like cracks or chips, cannot be repaired by a tooth, but requires the help of a dentist.

The reason for this difference is that bones contain cells that regenerate bone tissue. These osteoblasts and osteocytes make new bone tissue and regulate bone structure. Teeth do not contain such cells. Instead, teeth are made by odontoblasts (forming the underlying dentin) and ameloblasts (forming the outer enamel). These tooth cells do not have the regenerative capabilities of bone tissue, but doctors are studying ways that they might be activated, at least to repair dentin.

### Teeth Need Bones

Without strong bones, specifically the jawbones, the strength of teeth does not matter. Perfectly healthy teeth are often lost due to damaged jawbones ruined by [gum disease](#). Caring for the teeth with daily oral hygiene and [regular](#) visits to a dental practice like the Sacramento Dentistry Group is critical for keeping them. For more information, [visit the website](#) of the Sacramento Dentistry Group or call them at 916-538-6900.