

## How is a Cracked Tooth

### Treated?

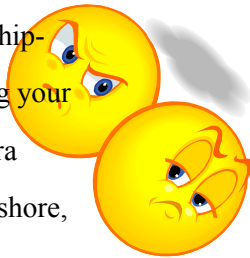
Depending on the size and location of the crack, it can vary from bonding, to a crown or to a root canal treatment. Your personal dentist must determine the best treatment for you.

If a cracked tooth happens aboard the vessel, you might have to visit a strange dentist in a strange land...



This could cause pain, concern, worry, anxiety, expense, fear, trauma, panic, stress ....

Your friends, coworkers, supervisor, regulators, union officials and ship-mates might not like you missing your watch, or having to work extra hours, or creating havoc to get ashore, or finding weekend dental care or, or, or....



**Maintain peace, harmony, tranquility by caring for your teeth, on your time off the vessel !!**

## Make your teeth less susceptible to cracks-

- Don't chew on hard objects such as ice, nuts, bones, hard candy, un-popped popcorn kernels, or pens.



- Don't clench or grind your teeth.



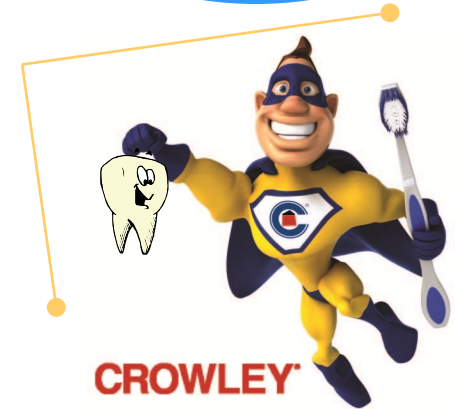
- If you clench or grind your teeth while you sleep, talk to your dentist on your time off the vessel about getting a retainer or other mouth guard to protect your teeth.



- Wear a mouth guard or other protective mask when playing contact sports.



## Dental Care and Defense For Crowley Crews



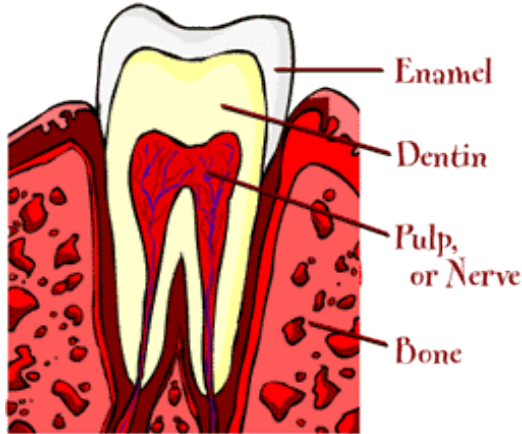
Daily preventive care, including proper brushing and flossing, will help stop problems before they develop and is much less painful, expensive, and worrisome than treating conditions on board that have been allowed to progress.



## Cracked Teeth

## Why does a cracked tooth hurt?

To know why a cracked tooth hurts, you need to know something about the anatomy of your teeth.



Cross-section of a tooth

The pulp portion of the tooth contains the tooth's nerves and blood vessels. When the outer hard tissues of the tooth are cracked, chewing can cause pressure or movement of the pieces, and the pulp can become irritated.

The tooth will not only hurt when chewing, but may also become sensitive to temperature extremes. Extensive cracks can lead to infection of the pulp tissue, which can be more painful, and can spread to the bone and gum surrounding the tooth.



## Tooth Trivia and Dental Data

- The enamel on your teeth is the hardest substance in your body.
- Once treated, most cracked teeth will continue to function and provide years of comfortable chewing, but the crack will not mend itself like a broken bone will.
- **Smiles are built to last a lifetime.** With proper care, on your time off the vessel, your teeth should last a lifetime too!
- Last year, American adults missed over 164 million hours of work for dental-related issues.
- Change your tooth brush every 3 months. More frequently if near a toilet?? Airborne particles from the flush can travel up to a distance of six feet.
- Tooth color is mostly determined by the dentine inside the tooth, which is yellow. As we age and enamel gradually thins this allows the dentine to show through.



## Symptoms of a Cracked Tooth:

- Tooth may hurt when you bite or chew.
- Pain may be mild or intense and can come and go.
- The tooth may be more sensitive to extreme temperatures.

## What to do for a Cracked Tooth:

- Brush with a soft-bristled tooth brush and clean between teeth with dental floss.
- Brush your teeth **TWICE** a day (at least).
- Get regular professional dental cleanings on your time off the vessel. This is the most effective way to properly care for your teeth.
- **Follow your dental professional's dental advice and treatments.**