Semah Altam

Due Date: November 20, 2018

Toothbrushing Writing Assignment

D202

1- Now that you have learned about various toothbrushing methods, I would like you to think about the first time you recall being taught how to brush your teeth. Who was the person? About how old were you? How did that person impact your life?

In about 7th grade the importance of teeth was introduced to me in health class. That is when I learned about teeth for the first time and was informed of the significance of toothbrushing. I remember my teacher telling us how brushing can prevent decay and tooth loss at a young age. That was when I took brushing my teeth seriously and brushed 2 times a day and would floss every now and then. However, my mother was not very happy about this she thinks that brushing and flossing will disturb the teeth and make them weak. She believes that flossing will create gaps between the teeth. I have tried multiple times to explain to her the importance of it, but she would not accept it until today. I have realized that it is not just my mother who is like that, but people in my country in general they all have the same mentality. Moreover, I am very grateful that my health teacher was able to impact my life in a positive way and thanks to him, my confidence levels increased tremendously.

2- Did you ever teach someone else? If so how was that experience?

Once I learned from my health teacher how important it is to brush daily, I became a role model for my siblings. Especially, because I am the oldest and they mostly likely follow my lead. We all brush our teeth daily and see a dentist every 6 months. However, now that I am learning the correct ways of toothbrushing, I have definitely shared my knowledge with people in my inner circle. I have shown them some methods and based on what they have told me, the results were positive. They said, they notice a difference and feel a difference as well. To receive positive feedback is an amazing feeling that is rewarding and fulfilling. This experience has certainly motivated me to continue to work harder to make a difference in people's lives and impact their lives the way mine was impacted.

3- Please use storytelling (stories or narratives shared in every culture as a means of entertainment, education, cultural preservation and instilling moral values).

Toothbrushing is a habit that must be learned from childhood. A routine learned at a young age and will be carried on throughout their lives. Although, this routine must be one of the first things we learn growing up, this was not the case in my household. Toothbrushing is considered unimportant in my country; a developing country. There are two reasons that impact toothbrushing and explains why it isn’t taken significantly. One, is that toothbrushing products are expensive to provide weekly for families with more than 5 members. Second, is that people in my country are unaware of the importance of taking care of their teeth and maintaining optimal health. Although, I grew up in United State, my life was no different than the people in Yemen. I followed our cultures behavior but did not use the religious substitute that they do, a technique used for toothbrushing. The alternative toothbrushing method used is the miswak. This method is still practiced today, and it keeps teeth healthy. Yemenis use miswak to clean their teeth. Miswak is a small wooden stick that comes from Salvadora tree. It contains many antibacterial minerals and nutritious like, value sodium, chloride, vitamin C, potassium, fluorine, sodium bicarbonate and more. Miswak works like a toothbrush. It kills bacteria and strengths the gingiva. Miswak prevents the teeth from having cavities and teeth decay. Miswak helps get rid of the bad breath because has ingredients that kill germs. It whitens teeth and removes substances that stain teeth like coffee stains. The benefits that miswak gives was proven by Scientist. Also, Prophet Mohammed highly recommended the use of miswak and it is said in the hadith that miswak was always in the Prophets hand. Him and his followers used it frequently.