Title of the abstract

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### Abstract

Even in the top ranked dental schools, the task of optimizing teeth contacts remains challenging for many dental students and practioners. The health of teeth, periodontium and the musculoskeletal complex is closely related to the occlusal stability. Dental occlusion is something far beyond the simple contact of the opposing occlusal surfaces; a point that twisted the topic into one of the most complicated puzzles in dentistry. The thorough gnathological methodologies described in literature made the practice of occlusion even more intimidating. understanding the biomechanics of jaw and teeth movements makes the objectives of occlusal rehabilitation very vibrant and easy to practice.

The purpose of this article is to set a path for understanding and practcing the core occlusal principles in a simple, yet in depth way. Relying of the evidence based core would provide a context for showing that occlusion is not as complicated as literatures might reflect .

Conclusion: Keeping a clear picture of what a healthy occlusion should be like, is very rewarding to both the patient and the clinician, with added value of predictability, comfort, function and esthetics to the dental treatment.

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Photograph

Biography (Minimun 150 words)

He is an author and international public speaker lecturing on implant, maxillofacial prosthodontics, occlusion and digital dentistry.

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