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Demi Moore was so stressed, she lost her front teeth

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Demi Moore shows off her missing tooth.

[YouTube](#)

It's not her fault she's so gap-toothed.

[Demi Moore](#) appeared on "[The Tonight Show](#)" Monday and told host [Jimmy Fallon](#) about how she lost her two front teeth.

"I sheared off my front teeth. I'd love to say it was skateboarding or something really kind of cool, but I think it's something that's important to share, because I think it's literally, probably after heart disease, one of the biggest killers in America, which is stress," Moore, 54, shared. "Stress sheared off my front teeth. But, in an effort to get ready for you, I wanted to make sure my teeth were in."

The “Rough Night” actress appeared on the late-night show with both chompers intact, but in an exclusive statement to Page Six, Moore clarified that she didn’t lose them simultaneously.

“They happened a year apart but the fact remains that I sheared off both my front teeth,” she told us. “Thank God for modern dentistry. Without it, I wouldn’t be smiling on the red carpet.”

As for the cause she named on the NBC late-night show — stress — Dr. Gary Glassman, a dentist specializing in endodontics, told Page Six that stress wouldn’t be the only cause.

“I would suspect that there were definitely other factors involved,” he told Page Six, noting that stress can cause bruxism, otherwise known as teeth grinding. “That can wreak havoc and when you’re under stress and have a lot of anxiety. That’s the No. 1 reason why people grind their teeth.”

Glassman told Page Six that grinding can weaken teeth because of the “friction,” which ultimately causes “a lot of problems.” He also said stress and anxiety can affect people’s moods, which might make them forget to brush their teeth, floss and attend regular dental checkups.

Fortunately, the “G.I. Jane” star showed up with all her pearly whites.

