

# the gift of smile

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# WHAT ARE OF AN ORTHOD TREATMENT?

Having a pleasant smile, that's what everybody wishes for himself or for his child. The goal of the orthodontist is to restore optimal dental health and aesthetics for his/her patients. Improved facial appearance and chewing ability are the final positive effects of having orthodontic treatment.

The benefits of orthodontic treatment for adults include the following :


**Dental health :** Crowded teeth are difficult to clean. This can lead to tooth decay, cavities, gum disease and even loss of teeth.

**Articular protection :** The bad relation of two dental arches is going to provoke dental wear and accelerated receding of gums. In more serious cases, the particular report of two jaws results in continual stress of the joints. Without orthodontic treatment the joint is quickly wounded.

**Economy :** The treatment by a specialist to correct the original problem is often less expensive than the additional dental treatment needed to

handle the more serious problems which can develop in following years. When left untreated, many orthodontic problems become worse.

**Happiness :** The importance of a beautiful smile must not be underestimated. A pleasant appearance is an essential element for self-confidence. Self-belief improves when the treatment harmonizes teeth, lips and the face. In this way, the orthodontic treatment can bring success in a career and in relations with others, as well as improve our general attitude to life.



# THE BENEFITS ORTHODONTIC

## AT WHAT AGE SHOULD MY CHILD BE SEEN BY AN ORTHODONTIST?

The American and Canadian Association of Orthodontists recommend that your child be evaluated by age seven. Because early detection of some orthodontic problems is important in order to take early corrective action and give to the maxillaries complex the possibility of growing in harmony if necessary.

The best moment to begin an orthodontic treatment is determined by each individual problem by the orthodontist.

However in most children, the treatment will begin during adolescence between the ages of 9-12.

## EXAMPLES OF COMMON PROBLEM

**Deep overbite :** A deep overbite or deep bite occurs when the lower incisors (front teeth) bite too close, or into the gum tissue behind the upper teeth. When the lower front teeth bite into the palate or gum tissue behind the upper front teeth, significant bone damage and discomfort can occur. A deep bite can also contribute to excessive wear of the incisor teeth as well as headaches and often Temporomandibular Joint problems because the jaw joints are forced too far back into the sockets up against the middle ear and auriculotemporal nerves causing the disks to become displaced forward of their normal positions over the tops of the jaw joints.

**Crossbite :** The most common type of a crossbite is when the upper teeth bite inside the lower teeth (toward the tongue). Crossbites of both back teeth and front teeth are commonly corrected early due to biting and chewing difficulties. This problem contributes to severe crowding, cheek/tongue biting, and asymmetrical jaw function (TMJ) and abnormal wear of the jaw joints. This can also lead to an asymmetrical growth of the mandibula. For this reason, it must be treated early.

**Spacing :** If teeth are missing or small, or the dental arch is very wide, spaces between the teeth can occur. The most common complaint from those with excessive space is poor appearance and food impaction between the teeth.



### IS IT TOO LATE TO HAVE BRACES IF I AM AN ADULT?

No. Age is not a factor. The biological process involved in tooth movement is the same in adults and children. The health of an individual's teeth, gums and supporting bone is what is most important in determining the prospects for improving an adult's smile and dental health. Over 30% of patients are adults in their 20's, 30's, 40's, 50's and 60's seeking the treatment they did not or could not have when they were younger. Because an adult's facial bones are no longer growing, certain corrections cannot be accomplished with braces alone. However, spectacular improvements of facial balance can now be obtained in a combined orthodontic and surgical approach.

**Health, happiness and self-esteem are vitally important to adults. No patient is "too old" to wear braces, to enjoy a radiant smile, or be able to chew food more efficiently without stomach upsets!**

**La salud, la felicidad y la auto-estima son de vital importancia para los adultos. Ningún paciente es "demasiado mayor" como para llevar un aparato dental, disfrutar de una sonrisa radiante, o poder masticar su comida con mayor eficacia y no tener que sufrir trastornos de estómago.**

### ¿SERÁ DEMASIADO TARDE COLOCARME UN APARATO DENTAL SI SOY YA ADULTO?

No. La edad no es un factor. El proceso biológico que implica el movimiento de los dientes es lo mismo para adultos como para niños. La salud de los dientes, encías y hueso de soporte es lo más importante en determinar las perspectivas para la mejoría de la sonrisa y salud dental de un adulto. Más del 30% de los pacientes adultos de entre los 20 y los 60 años que desean recibir tratamiento no pudieron haberlo recibido cuando eran más jóvenes. Debido al hecho de que los huesos faciales de un adulto hayan dejado de crecer, hay ciertas correcciones que no se pueden obtener con el uso exclusivo de aparatos dentales. No obstante, hoy en día se puede conseguir unas mejoras espectaculares en el equilibrio facial empleando una combinación de ortodoncia y cirugía.