

It's more than just a great-looking smile!

(The hidden benefits of adult orthodontics)

Straight Teeth Improve Your Oral Health

People are living longer and healthier lives. Now more adults are likely to keep their teeth for a lifetime. However, studies indicate that your risk of periodontal disease increases with age, so you need to do more to maintain good oral health. Teeth that are not aligned properly in your mouth create what orthodontists call a “malocclusion.” Several benefits are related to correcting a malocclusion:

- Improved hygiene: Straight, properly aligned teeth are easier to brush and floss than crowded or crooked teeth. The chances of having plaque retention, tooth decay and periodontal disease can be reduced.
- Healthier gums: Properly positioned teeth can help gums “fit” more tightly around them, which may lead to better periodontal health.
- Decreased risk of abnormal wear and trauma: Properly aligned teeth also reduce the risk of expensive procedures required to repair the effects of abnormal force, such as tooth chipping, breaking, or wear; and can be less stressful on the supporting jaw bones and joints.

Oral health Affects Your Medical Health and Overall Well-being

What you may not realize is that good oral health is essential to your medical health and quality of life. Consider a few of these reasons:

- Recent research has confirmed a link between periodontal disease and other serious chronic medical conditions, including coronary heart disease, stroke, respiratory disease and diabetes.
- Studies have shown a strong connection between a person's smile and how others perceive and evaluate them based on attractiveness, intelligence and personality.
- Every tooth in your mouth plays an important role in speaking and chewing.
- A major cause of problems with joint replacements (hip, knee) is infection which can travel to the site of the replacement from the mouth in people with periodontal disease.
- People with dentures or loose and missing teeth often have restricted diets since biting into fresh fruits and vegetables is often difficult and painful. These seniors may not be getting enough nutrition from meals.

