

# 10 Reasons Why more adults are considering orthodontic treatment

GUIDELINES OF THE AMERICAN ASSOCIATION OF  
ORTHODONTICS FOR ADULT ORTHODONTIC TREATMENT

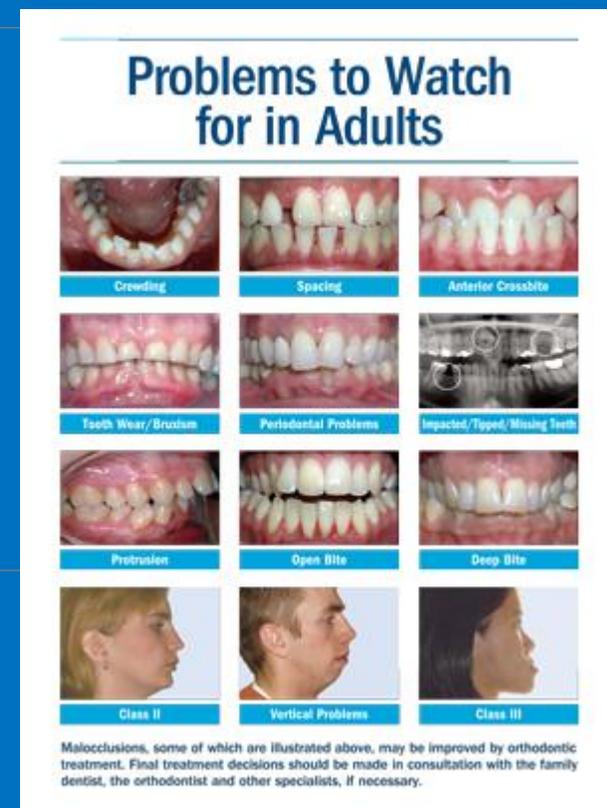
# WHY MORE ADULTS ARE CONSIDERING ORTHODONTIC TREATMENT?

Think braces are only for children or teens? This is no longer true. Now, more and more adults are seeking orthodontic treatment for a variety of reasons. Some people want to improve their smiles or correct their bites. Other people are seeking to improve their health or to boost their self-esteem. Today about one million Americans and Canadians over the age of 18 wear braces, according to the Academy of General Dentistry. And as the LA Times reported in 2011, adult braces are on the rise, with a 24 percent raise from 1989 through 2008.

Everyday adults are getting braces and so are older celebrities. Country music singer Faith Hill wore braces to the Grammy Awards in 2013, when she was 45 years old. And when he was 40 years old,

Tom Cruise wore ceramic brackets to improve his teeth. If these people can do it, so can you! This means you won't have to worry about being the only adult in the office getting work done on your teeth.

Maybe you've been thinking about getting braces, or maybe your mom or someone else in your life has hinted that you might need to correct your teeth. But, you haven't yet made the decision improve your smile. Don't put it off! We've got ten great reasons why adults should get orthodontic treatment. Do you want to find out if orthodontic treatment is right for you as an adult?



# 1. Adults should consider orthodontic treatment to avoid Gum disease and tooth loss.

Many adults are seen long after retainers were lost in college or before a wedding or special occasion, or just because they've always wanted that perfect smile. Some permanent teeth which are found to be non-viable after a crown or root canal may need to be extracted. This can be a good time to straighten out teeth and an adequate space can be left open for a future implant. As we get older, our bite can shift slowly over time. If not corrected, earaches and headaches may ensue. Orthodontic treatment is a good way to correct this and usually the treatment may time may be 2 years or less. Even more good news: Thanks to dentistry advances, more people are keeping their teeth longer, which means that these teeth can be straightened. Longer life expectancy also means that older Americans are seeing the value of braces in their later years. When your teeth are crooked, they are much harder to clean and will wear unevenly. Your gums can get inflamed and your teeth may even hurt. Eventually, you will lose your teeth. Orthodontic treatment can inhibit gum problems and prevent tooth loss.



## 2. Adults should consider orthodontic treatment because they have different options to speed up treatment.

Orthodontists love to create beautiful smiles for people of any age. We have so many different options these days; so look into it, even if you are just curious. Nowadays we can manage teeth without surgery with the advances of self-ligating wires. Even if you have stubborn teeth that just don't want to move; there is now AcceleDent. This is a new device that helps to move teeth quicker with a pulsating mouth guard worn for only 20 minutes a day. Many patients are amazed by the progress made by using AcceleDent. We recommend it to most of our adult patients.



### 3. Adults should get braces to avoid serious problems with their teeth and mouth.

Orthodontic treatment is a good way to correct this and usually the treatment time may be 2 years or less. Even more good news: Thanks to dentistry advances, more people are keeping their teeth longer, which means that these teeth can be straightened. Longer life expectancy also means that older Americans are seeing the value of braces in their later years. When your teeth are crooked, they are much harder to clean and will wear unevenly. Your gums can get inflamed and your teeth may even hurt. Eventually, you will lose your teeth. Orthodontic treatment can inhibit gum problems and prevent tooth loss. Research has shown that the frequency of misalignment in adults is comparable to the frequency in children and teens. When you have a crossbite or misaligned teeth, you have an increased chance of plaque and food buildup between your teeth. This means you may get periodontal disease or gum disease. You can also possibly avoid tooth decay, gum and bone loss, irregular wear of the tooth enamel, and TMJ/TMD pain (or chronic facial discomfort).

*\*Misaligned teeth can contribute to serious health problems for your teeth and mouth.*



## 4. Adults should get braces to avoid other health issues.

Problems with your mouth may not be the only health concerns you face if your teeth are not straight or your bite is incorrect. You may suffer from headaches and earaches if you don't seek treatment for your teeth and mouth problems. Also, an improper bite may mean you can't chew your food properly, possibly leading to gastrointestinal problems. If you have been unintentionally biting your cheek or the roof of your mouth regularly, you may have an orthodontic issue and should seek professional help.

The harder your digestive system works, the faster it ages.

Orthodontic treatment can prevent premature aging of your digestive system.

\* Not correcting your teeth can lead to other health concerns as well, such as headaches, ear pain, and stomach issues.



## 5. Adults should get braces because braces today are better and less noticeable.

Braces have evolved over the years. No longer do you need to suffer the embarrassment of being a metal mouth. The brackets used today are smaller, and no longer have bands that wrap around the tooth. Ceramic braces are popular with adults due to their cosmetic appeal. They are made of a translucent (clear) material. Another great advancement for teeth that is popular with adults is Invisalign. These clear, removable, plastic aligners are worn over the teeth and use no metal or wires. When you are custom-fitted for Invisalign, you'll have no food restrictions, and you'll be able to brush and floss like you normally would. Today, wearing braces is less painful and requires less time. Almost all our adult braces patients are happy they made the commitment to correct their teeth.

\* The braces that are available today are not like the braces of the past. Now, the options are lighter, more comfortable, cheaper, and less noticeable.

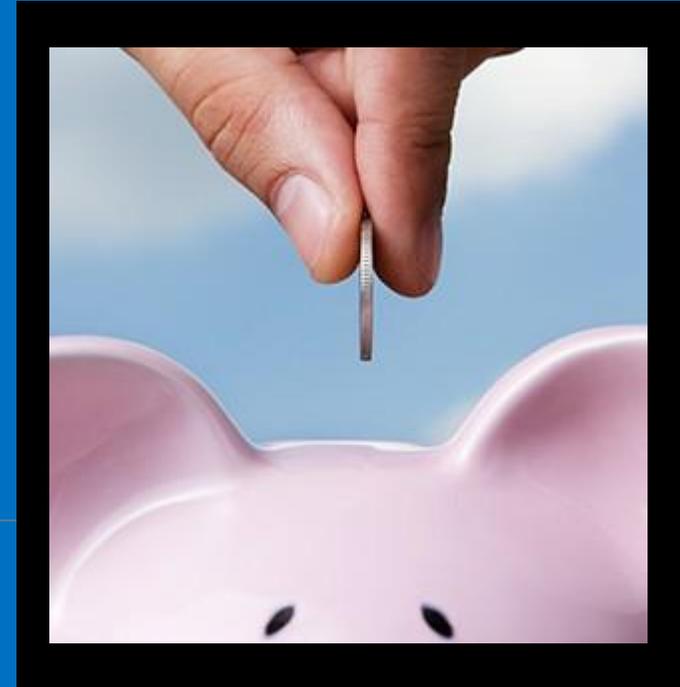


## 6. Adults should get braces because they can now afford them.

Maybe your parents couldn't afford braces when you were growing up. But now you can! Many medical and dental insurance plans cover part of the cost. Or maybe you make enough money to save money and pay for braces out of pocket. Our orthodontic office offers many financing options to accommodate your needs, and we would be happy to go over these with you. We can also review your insurance policy and help you maximize your benefit and file your claims.

*If you have questions, call **734-261-8860**, and our friendly staff will answer your questions.*

\* Maybe your parents couldn't afford braces. But now there are more options paying for braces, so don't let the cost hold you back.

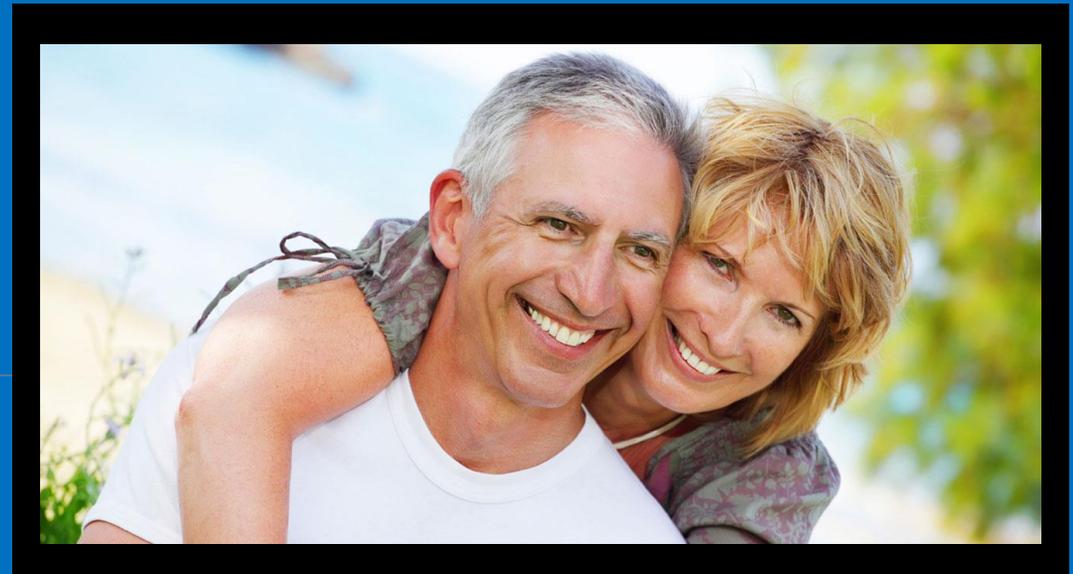


## 7. Adults should get braces because people are living longer.

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People are living longer, and many people are keeping their teeth for life. No longer are people going to lose their teeth, so it makes sense to pay the price to straighten crooked or crowded teeth. Even older adults are getting braces. According to the American Association of Orthodontists, more and more people who are in their 60s, 70s, and 80s are using braces.

\* People are living longer and keeping their teeth for life. Getting braces, even if you are a senior adult, now makes much more sense.



## 8. Adults should get braces because teeth can move at any age, even if they had braces before.

Teeth can shift at any age. Maybe due to an injury, a health condition, or simply natural growth. Perhaps you had straight teeth in the past, but are now facing a crooked and overcrowded smile. Even if you had braces in the past, you may need them again. Some people who had braces as a child or a teenager need them for a second time when they get older. Why? Some people neglect to wear their retainer as much as they should. And other people have mouths that change naturally.

Also, orthodontists now tell people to wear retainers much longer than they recommended in previous decades. Some people even need to wear one for life.

**\*\*Teeth can move at any age, even if you had braces before.**



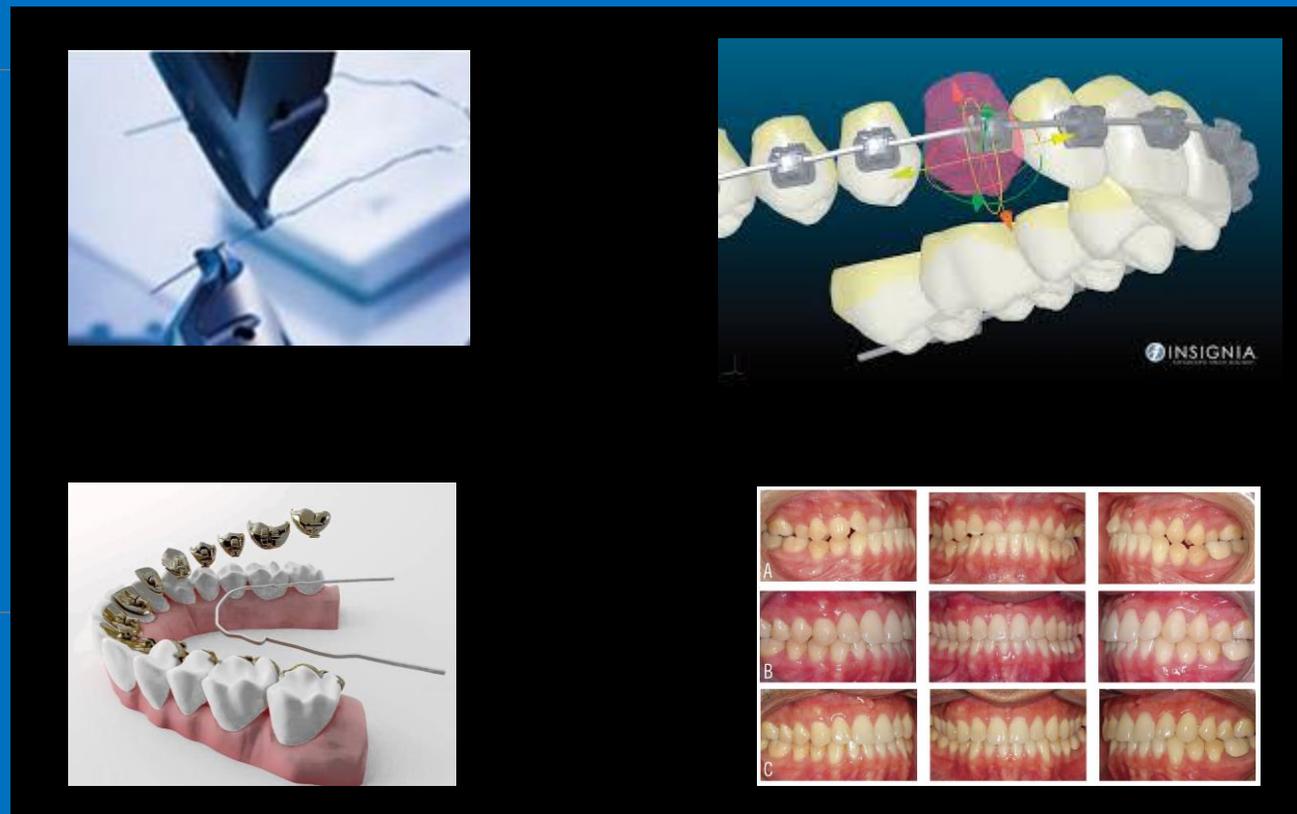
## 9. Adults patients should consider orthodontic treatment even if their orthodontic needs are limited

Orthodontists often see adult patients who may only need minimal treatment to achieve the smile they desire. There are many more options available now for limited treatment. Incognito or MTM brackets are hidden lingually (behind the teeth) for a more discreet way of straightening the teeth. In a lot of cases, this lingual way of straightening teeth actually takes less time than traditional braces because they are custom made. There are always different options for different Adult smiles.



## 10. adults should consider orthodontic treatment because of major advancement in orthodontics

Ever heard of Wilkodontics? This AOO (Accelerated Osteogenic Orthodontics) procedure is a new patented method which has been time-tested and proven to reduce orthodontic treatment time by 3-8 months or 4 times faster than before with conventional orthodontics. This procedure is feasible for most patients, regardless of their age; but they must have all their permanent teeth present. This is especially popular with adults and many orthodontists work very closely with these specialists once treatment has begun. With the availability of more customized orthodontic treatment options like Suresmile, insignia and Incognito, orthodontic treatment is becoming much easier, more efficient and shorter in duration.





Masrri  
ORTHODONTICS

WHEN EXCELLENCE IS AVAILABLE, GOOD IS NOT ENOUGH