



## A Straight Smile Is A Healthy Smile

(NAPS)—Your dental health professional would like you to get something straight: Your smile. A tidy row of straight teeth will not only make your smile look great and boost your confidence, it can help your health in several ways:

### Less Gum Recession

Gum tissue is sensitive to pressure. When your teeth are misaligned, they tug on your gums and can make them recede. Straightening teeth relieves pressure and can prevent gums from receding. Once teeth are in healthy alignment, treatment can significantly improve damaged gums for a healthier, more youthful-looking smile.

### Decreased Risk Of Gum Disease

Also known as periodontitis, gum disease is a serious inflammatory condition that occurs when the gums react to an overgrowth of plaque bacteria. The inflammation can move from gums into your bones and ligaments, causing tooth loss.

Teeth that overlap or are out of alignment are difficult to clean, so they provide a perfect hideout for plaque bacteria. By straightening your teeth, you can significantly lower your risk of gingivitis and gum disease.

### Lower Risk Of Tooth Decay

Straightening your teeth now could spare you a root canal later. Decay-causing bacteria and harmful food debris can get trapped in crooked teeth.

### Reduced Wear-And-Tear

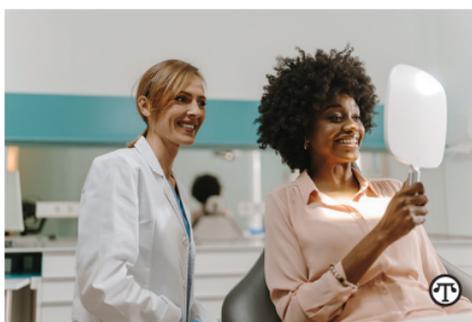
You'll get more mileage out of teeth in healthy alignment. Teeth that stick out at odd angles—even slightly—experience unnatural pressure when you bite and chew and wear down faster. This results in enamel loss or chipping and an increased risk of a painful fracture in the event it gets bumped in an accident.

### Improved Bite

The primary function of your teeth is to chew food and straight teeth do that much better than crooked teeth. When teeth don't line up properly, chewing can be difficult and uncomfortable.

### Reduced Jaw Pain

If you frequently experience pain on one side of your jaw, straightening your teeth may help. One or more crooked teeth can stress your jaw by keeping it from closing evenly. Dentists warn, however, it's not a good idea to self-diagnose and attempt DIY orthodontic treatment with online clear aligners. They may straighten your teeth but they can't correct your overall bite. Always consult a dental professional in person before moving



**Straight teeth are healthier teeth. When teeth are properly aligned, the health benefits are clear.**

ahead with orthodontic treatment. When your care is personally supervised by an orthodontist, points out the American Association of Orthodontists, it comes from an expert who spent years in a post-doctoral residency program focused on providing orthodontic treatment.

### Better Variety Of Foods Included In Your Diet

Straightening your teeth could make a world of difference in the way you eat. More comfortable chewing could help you enjoy eating a greater variety of healthy foods, and that can have a significant affect on your overall health.

### Signs Of Poor Tooth Alignment

So how do you know your teeth need help?

- You avoid certain hard or crunchy foods
- You struggle to eat things like sandwiches, tacos, and pizza slices without cutting them up
- You can't eat whole apples or corn-on-the-cob
- You constantly experience jaw pain or dental problems on one side of your mouth
- You often bite into your tongue or the inside of your cheeks or lips when you eat.

### It's Not Too Late To Fix The Problem

Straightening teeth is not just for kids anymore. Adults can get healthier, more beautiful, and more comfortable smiles with orthodontic treatment. Your orthodontist can provide Reveal Clear Aligners from Henry Schein, Inc., which are designed to help you get a healthier smile through safe, convenient and affordable treatment plans. By working with a qualified professional, you'll keep your mouth healthy throughout your treatment.

### Learn More

For further facts on aligners and other dental products, visit <https://revealclearaligners.com>.