



FOCUS ON DENTAL HEALTH

# Smile with Confidence



## Orthodontic Treatment May Help Turn a Bad Bite into a Healthy Smile.

### Why are Dental X-Rays Important?

Problems, often inherited or caused by disease, accidents or oral habits, may include:

- **Underbite:** When lower teeth overlap with upper teeth caused by lower-jaw misalignment.<sup>1</sup>
- **Overbite:** When upper teeth overlap with lower teeth typically caused by oral habits.<sup>1</sup>
- **Crossbite:** When some upper teeth close inside the lower teeth rather than the outside.<sup>1</sup>
- **Crowding:** When teeth are too close together, making it harder to properly clean them.<sup>1</sup>
- **Spacing:** When there is extra space between teeth.<sup>1</sup>

### What Can Be Done to Correct Orthodontic Problems?\*

Orthodontists are able to better align the jaws and teeth with a range of treatment options. Treatment time varies, but, on average, is less than two years. Common treatments include:

- **Braces** consist of brackets, arch wires and bands that are fixed firmly to the teeth and are adjusted over time to straighten teeth using tension.
- **Clear Aligners**, often favored by adults, are virtually unnoticeable and can be removed for eating and drinking. They are replaced every two to three weeks with tighter aligners to straighten teeth using tension.\*
- **Retainers** are used after treatments like braces or aligners to stop the teeth from moving back to their original positions. Permanent retainers may also be used, which are bonded to the back of the teeth to prevent movement.

VBA, in partnership with TruAssure Insurance Company, offers plans that provide easier access to dental care. **To learn more, visit [vbaplans.com/dental](http://vbaplans.com/dental).**



All TruAssure dental plans are offered in association with the DenteMax Plus dental network arrangement, which includes dentists from the following dental networks: United Concordia, DenteMax and GEHA Connection Dental Network.

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The information contained above is intended to be educational in nature, does not constitute medical advice and should not be relied on as a substitute for actual professional medical advice, care or treatment. If you have any vision or other health related concerns, VBA encourages you to immediately contact your optometrist/ophthalmologist, or any other competent, licensed, medical professional.

\* Adult orthodontics option is only for Large Group Plans (50+ eligible employees).

1. Smile Central Dental (<https://www.scdnj.com/blog/2020/01/common-orthodontic-problems>) 2. Medical News Today (<https://www.medicalnewstoday.com/articles/249482#devices>) 3. Mouth Healthy by the American Dental Association (<https://www.mouthhealthy.org/en/az-topics/o/orthodontics>) 4. American Association of Orthodontists ([https://www.aaoinfo.org/wp-content/uploads/2018/07/All\\_About\\_Orthodontics-15-cons-hl.pdf](https://www.aaoinfo.org/wp-content/uploads/2018/07/All_About_Orthodontics-15-cons-hl.pdf)) 5. American Association of Orthodontists (<https://www.aaoinfo.org/blog/7-facts-about-orthodontics>) 6. American Association of Orthodontists ([https://www.aaoinfo.org/\\_/adult-orthodontics/](https://www.aaoinfo.org/_/adult-orthodontics/)) 7. Colgate (<https://www.colgate.com/en-us/oral-health/cosmetic-dentistry/adult-orthodontics/orthodontist-vs-dentist-who-should-you-see>)

Orthodontics are used to create a healthy bite full of straight, evenly spaced teeth that properly meet their opposing teeth on the opposite jaw.

### Orthodontics Can Help Prevent:<sup>4</sup>

- Difficulties with chewing and/or speaking
- Excess stress on jaw bones
- Tooth decay
- Gum disease
- Abnormal tooth enamel wear
- Other potentially costly dental problems

### Did You Know?



Because of its malleability, gold was often the metal of choice for braces in the 1900s<sup>5</sup>



One in four orthodontic patients today is an adult<sup>6</sup>



All orthodontists are dentists, but only 6% of dentists go through the more than 4,800 hours of additional orthodontic training<sup>7</sup>