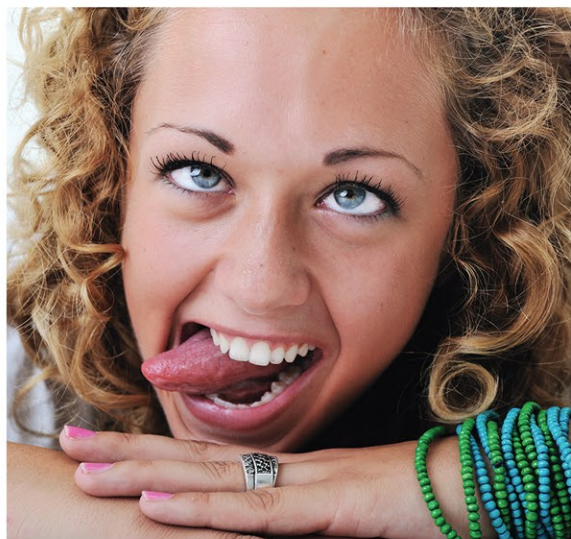


FOREVER SMILES BRACKET CHATTER

Official Newsletter from Dr. Yan Razdolsky Specialist in Orthodontics for Children & Adults

Habits That Can Hurt

The perils of tongue thrust to successful orthodontic treatment and a beautiful Forever Smile.



We see many challenging orthodontic cases at Forever Smiles, but no case is more disheartening than meeting a new patient whose previous orthodontic treatment did not result in long-term success.

One such factor in the treatment and re-treatment of open bite or malocclusion has at its cause, tongue thrust. Tongue thrust naturally occurs from

early infancy to about six months of age, but has been found to exist as a habit in children as old as 5 to 8. It is described as pushing the tongue forward between the upper and lower teeth when swallowing, rather than the proper position against the gum above the upper front teeth. Over time, this tongue thrust can cause an open bite. Left untreated, this can even cause relapse in a once-successful ortho patient and require re-treatment. Other variations of tongue thrust occur when the tongue pushes on one or even both sides of the mouth pushing teeth outward.

"The tongue is a powerful muscle, applying nearly four pounds of pressure every time we swallow. This pressure, when accompanied by a bad swallowing habit is enough to push teeth out of their natural position," said Dr. Yan Razdolsky. "Even worse, imagine this happening nearly 2,000 times per day!"

Factors that can contribute to tongue thrusting include prolonged thumb sucking or pacifier use, upper airway obstructions such as allergies or nasal congestion which cause the tongue to lie low in the mouth and

(cont'd on back)



YAN RAZDOLSKY D.D.S., L.T.D.



FOREVER SMILES

SMILE MORE in 2018!

People make a lot of resolutions only to fall off the wagon just a few short weeks into the New Year. But here is a 2018 resolution that's super easy to keep, and five great reasons to do it too. *Resolve to smile!*

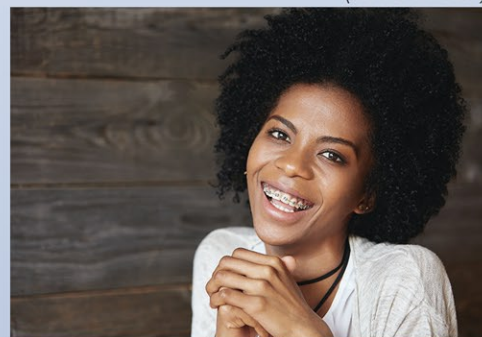
#1

Studies prove that smiling improves your mood by releasing endorphins and serotonin that automatically lift your spirits. Even if you smile through tough times or moments of sadness, activating these neural messages can relieve stress and improve disposition.

#2

A smile makes a great first impression by making you appear more confident, competent, courteous and even, likeable. When you smile at someone, the sensory reward center of their brain is activated, so they feel rewarded by your smile and have a more favorable first impression of you.

(cont'd on back)



Habits That Can Hurt

lead to mouth breathing, and even hereditary factors such as facial structure, large tonsils and macroglossia, or enlarged tongue. What's more, these habits left untreated can continue through the teens and into adulthood causing relapse in orthodontic treatment.

"There are many telltale signs of tongue thrust that we look for when first diagnosing a patient for orthodontic treatment," said Dr. Razdolsky. "However, the most important factor in diagnosis and treatment of any patient is getting to know them and helping them to become a part of their own smile treatment."

So, what do we do? Treatment for tongue thrust can include therapeutic

exercises which re-educate the tongue muscles similar to a physical therapy for the tongue. In some cases, patients may be also prescribed a dental appliance to aid in correction. Either way, Dr. Razdolsky and the Forever Smiles team are here to work with you. Through treatment, when your braces do come off, your teeth will stay in alignment.



Open bite due to tongue thrust



Lateral open bite due to tongue thrust.

(cont'd from front)

SMILE MORE in 2018!

(cont'd from front)

#3

A smile is contagious. Studies show that when you smile at someone, their brain is hard-wired to return the smile, so you both get a shot of those feel-good endorphins.

#4

To some, a smile shows that you're healthy, take good care of yourself and can help you be perceived as more attractive. According to a 2016 study by the American Academy for Cosmetic Dentistry, a smile is the secret to attractiveness at any age. In fact, 96 percent of people surveyed by the AACD thought that a smile made people more attractive.

#5

The more you smile, the more positive you become. So, even if you're feeling a little blue... fake it, the rewards of a smile are still the same. Your brain tracks your smiles, so the more you do it the more you rewire your brain to think more positively.

So remember, a smile has benefits which impact your personal life, health and even those around you. Share a smile today and resolve to be a better and happier you in 2018!

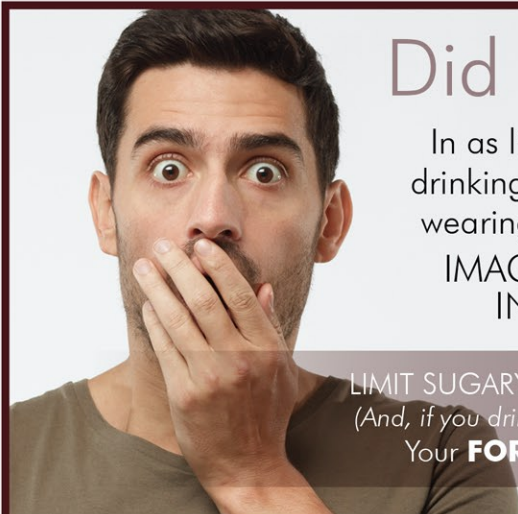


Did you know...

In as little as 30 minutes after drinking soda the acids to begin wearing at your tooth enamel?

IMAGINE THAT TRAPPED IN YOUR BRACES!

LIMIT SUGARY DRINKS • DRINK MORE WATER
(And, if you drink soda, be sure to brush right away.)
Your **FOREVER SMILE** will thank you.



In Closing

Thank you for being part of our Forever Smiles Family. If you have any questions about this newsletter or anything else, please do not hesitate to contact us at our Buffalo Grove office: 847-215-7554 or via email: yan@razdolsky.com. We look forward to providing you and our community with even more reasons to smile!

Truly,

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