

# FOREVER SMILES BRACKET CHATTER

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

## ORTHODONTICS & SYSTEMIC HEALTH



In recent studies, medical researchers have drawn a positive correlation between oral systemic health and overall health. But is there any correlation between orthodontic treatment and overall health?

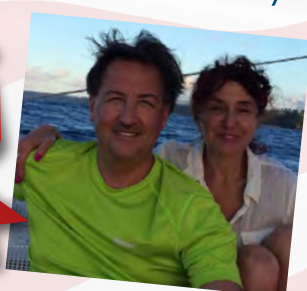
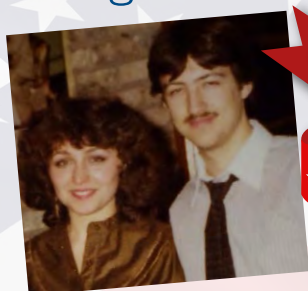
Curious... we decided to do a little research ourselves so we could share with you our findings. So in honor of World Oral Health Day, March 20 here's what we've learned regarding the relationship between orthodontic treatment and overall health.

In one study, *The Impact of Malocclusion/Orthodontic Treatment Need on the Quality of Life - A Systematic Review*, researchers analyzed existing evidence between orthodontic treatment and health-related quality of life. While they did conclude there is only a "modest association," they did suggest that future studies should employ standardized assessment methods so outcomes will be more consistent for further analysis.

In the meantime, there is evidence linking Phase I orthodontic treatment with a palatal expander or Herbst Class II corrector to an improved airway development in children. Additionally, there have been significant findings which indicate some patients which undergo treatment for conditions of the jaw and face related to structure, growth, sleep apnea and joint disorders receive tremendous benefit to their health-related quality of life. However, many of these orthodontic cases are associated with skeletal problems that may not be treated with braces alone.

So, what does all this mean? While crooked or misalignment of teeth alone are not a disease or life-threatening condition, the physical, social and psychological consequences of it and its influence on your quality of life can have an impact on your overall health. A beautiful Forever Smile does make you more confident, which means you smile more and can lead to more positive daily interactions. While additional studies with an emphasis on the impact of orthodontic treatment will help us understand more about the positive impact braces can make on your long-term health, evidence does suggest patients do perceive a positive self-image, a sense of well-being and some overall health benefit. 🦷

### Congratulations Dr. & Anna Razdolsky!



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



O R T H O D O N T I S T

**FOREVER SMILES**

## AAO 2017 WINTER CONFERENCE An Education in Technology

What a wonderful and educational experience for Dr. and Anna Razdolsky as they attended the 2017 American Association of Orthodontists Winter Conference. Along with their son Ricky, who is in dental school at NYU, the Razdolsky's travelled to sunny South Florida to learn more about the emerging technologies in orthodontics and their impact on patient care.

The conference, which took place February 10 and 11, presented great lectures and programs to provide professionals with new and developing information they need for effective technology decision-making in today's ever-changing orthodontic practice.


Friday's keynote speaker Jack Shaw, is a noted expert on the strategic impact of emerging technologies. He shared with attendees, *How Technology is Disrupting "Business as Usual."* This informative lecture explored how emerging technologies such as 3D printing and artificial intelligence relate to current orthodontic business. As many of you know, Dr. Razdolsky loves new technologies which can benefit patients and treatment.

(cont'd on back)





# ARTISHOCK Annual Field Trip & Art Contest

Forever Smiles welcomed the Artishock Art Studio students on March 5 to our office for their educational field trip. As part of this annual program, we hold a contest where the kids go back into the studio and create an original work of art. This years' theme for the program is, "What makes you Smile"? Students are given two weeks to create their visionary works which we display in our reception area for in-office and Facebook voting, March 21 through May 12. Good luck to everyone! 




## AAO 2017 WINTER CONFERENCE

(cont'd from front)

"Voted as one of the World's Top 5 Technology Futurists, Jack Shaw has a very keen insight and in-depth knowledge," said Dr. Razdolsky. "This program especially, afforded a very interesting look at what we can expect in the coming decade."

Additional programs, guest lectures and exhibits at the conference included technologies in the modern orthodontic practice, computer systems and security, as well as internet, website and social media communications. In all, attendees were fully immersed in developing technologies to boost practice development and improve patient care.

The conference was not all work though. Dr. Razdolsky and Anna had some time to take advantage of the many relaxing and recreational activities available in the area. Anna and Ricky were even able to take some time to catch the volleyball action at the Fort Lauderdale Major! Here is Anna cheering on sisters, Evgenia Ukolova and Anastasia Barsuk of Russia who made it to round 16 in the series matches. 



**Congratulations!**  
Stephan  
Our ON-TIME February Winner



## 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](mailto:yan@razdolsky.com). We look forward to providing you and our community with even more reasons to smile!

Truly,

[www.razdolsky.com](http://www.razdolsky.com)

Yan Razdolsky, DDS, BSD, LTD  
Orthodontist for Children and Adults

