

## BENTELE ORTHODONTICS FALL NEWSLETTER

Old Toothless



We had a busy summer spreading braces across crooked grins before they headed back to school. It's a good time to catch up with our practice families and share some items of interest to us. As always, thanks so much for your kind referrals of other families to our practice. Trusting us with your friends for care is the greatest compliment.



### Adapted from the American Dental Association SPORTS AND MOUTHGUARDS

Knowing how to prevent injuries is important if you participate in organized sports or other recreational activities. It is estimated by the National Youth Sports Foundation that more than 5 million teeth will be knocked out in sporting activities this year. When it comes to protecting your mouth, a mouthguard is an essential piece of athletic gear that should be part of an athlete's standard equipment from an early age. In fact, an athlete is **60 times** more likely to suffer harm to the teeth when not wearing a mouthguard. Mouthguards help buffer an impact or blow that otherwise could cause broken teeth, jaw injuries or cuts to the lip, tongue or face. Mouthguards also may reduce the rate and severity of concussions. Mouthguards are used most commonly in contact sports, such as boxing, football, hockey and lacrosse, but findings show that even in noncontact sports like basketball, gymnastics or skateboarding, mouthguards help prevent mouth and jaw injuries. There is ongoing research investigating if the wear of a mouthguard can actually improve performance in areas such as weight lifting. There are three types of mouthguard, stock; the mouth-formed "boil-and-bite" mouthguard; and the custom mouthguard made by a dentist.

It is important to wear the mouthguard in practice as well as game situations. In my experience the sport most likely to be associated with mouth injuries is baseball. I have seen injuries from pitched or batted balls and the worst sports injury I have personally treated was a Little League baseball coach who was hit in the mouth with a bat from a player in the on-deck circle. The picture below shows a young man who caught a bad hop with his formerly straight teeth.



Luckily he had braces in place to prevent two of the teeth from being lost. A mouthguard pictured above that works with orthodontic appliances is available at cost in our office. When the braces are removed we can also fabricate a custom mouthguard like this for the absolutely best protection. (for more info see: [www.ada.org](http://www.ada.org))



### Angela's Insurance Corner

Hello everyone. It is hard to believe how quickly this year is passing. Just as a friendly reminder that if your orthodontic payments are being automatically charged be sure to keep the office current on bank and credit card information. When new cards are issued or expiration dates change then we are unable to process those payments on time. If you are considering changing insurance coverage, please check with me so I can help to maximize your benefits. Sometimes there are waiting periods and other considerations that may influence your insurance decisions. Thank you and have a great rest of the year!

Angela



2115 By Jerry Scott and Jim Borgman



## The New York Times

ADULT ORTHODONTICS from the

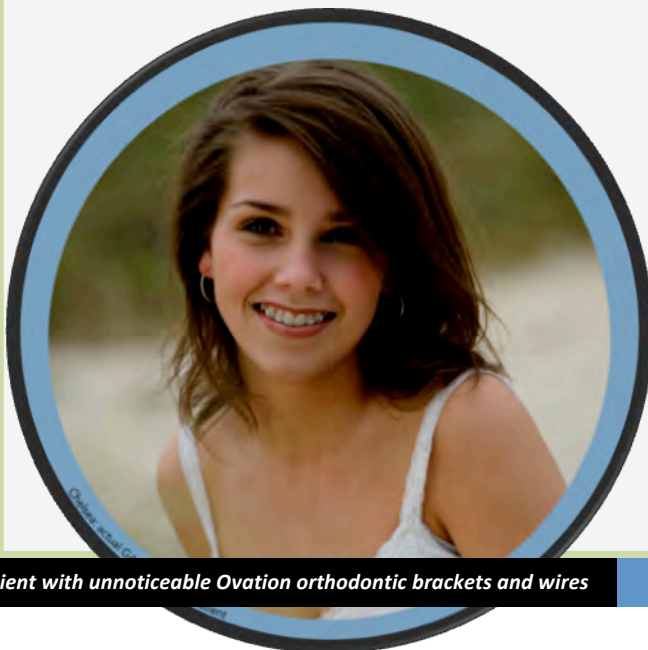
WHEN Brenna Moore's two teenage children got braces, she also took the plunge and bought her own set, to correct an underbite that had become worse over the years.

Ms. Moore, 43, of Basking Ridge, N.J., had already had braces as a teenager, but "apparently your teeth can continue to move your whole life," she said, "so if you haven't been wearing a retainer for the last 20 years, your teeth might not be where they're supposed to be."

The most recent survey by the American Association of Orthodontists showed a 37 percent increase in the number of adult patients from 1994 to 2004, and the growth appears to be continuing. More than one million adults in the United States are currently in braces, according to the association, and adults now account for one of every five orthodontic patients.

Most often, adults end up in the orthodontist's chair because they want to straighten crooked teeth — to achieve a picture-perfect smile. In a time when even Tom Cruise gets braces, "Dental aesthetics are now part of the overall beauty package," said Dr. Don Joondeph, president of the American Association of Orthodontists, adding, "The same person who goes to the gym, is also motivated to get their teeth straightened." Dr. Joondeph estimates that 75 percent to 80 percent of adult patients are getting braces for the first time.

There are plenty of medical reasons for adult orthodontics. Crowded, excessively spaced or misaligned teeth can wear unevenly over time and, for some people may be more likely to weaken and fall out. Other problems associated with misaligned teeth include headaches, jaw pain and difficulty in cleaning and maintaining the teeth, possibly resulting in more decay and gum disease.



Patient with unnoticeable Ovation orthodontic brackets and wires

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