

TOOTHFULLY. *speaking*



Wisdom Teeth, Facial Development And Healthy Breathing

The foods we eat today have changed from centuries ago, resulting in our jaw bones changing as well as the number of teeth

Dr. Preeti Desai today's children are born with. Our kids are born these days with fewer teeth and sometimes no wisdom teeth.

This evolutionary change has not resulted in a change of size or shape of our children's teeth, but has resulted in more kids today needing orthodontics in order to make their teeth fit properly into alignment.

Researchers have discovered that our shrunken jawbones can potentiate airway problems in our children right from the get go, with symptoms of grinding teeth and breathing issues because of a lack of oxygen during their early growth years. Possibly with allergies and the onset of puberty, orthodontics is being considered more often than the past because this lack of oxygen has resulted in a failure to thrive for many children.

The risk of early vs late diagnosis ~~is that I have seen patients in their~~ ^{shows up} adulthood with massive amounts of gum recession. The fact is that not only the gum has receded but rather the teeth are not sitting wholly in the jaw bone as well. Thus, the gum grafting suggested by your dentist is not adequate to solve the problem alone and a more advanced type of grafting to cover the teeth is necessary. The corollary is that patients also suffer from obstructive sleep apnea which continues to reduce oxygen intake and leads to snoring, systemic health issues such as cardiac and pulmonary disease etc.

If we diagnose these issues in our children as early as possible, then innovative multidisciplinary therapies for combining regenerative periodontal therapy, orthodontics and surgery that are minimally invasive can avoid many serious health issues and even orthognathic jaw surgery. We can also minimize iatrogenic risk factors, associated with orthodontic therapy, such as gingival recession, post orthodontic relapse and apical root resorption.

Most importantly, the ability of the periodontist to work in concert with the orthodontist to accelerate orthodontic treatment and minimize negative outcomes, may assist reluctant patients to undergo necessary treatment.

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