



## Dr. Linda Golden—Myobrace

November 8, 2015

Malocclusion, in its various forms, is a serious dental problem. Although it is commonly associated with hereditary factors, research has shown that myofunctional habits developed in childhood, such as thumb sucking, mouth breathing, tongue thrusting, and reverse swallowing, contribute significantly to the development of misaligned teeth. Bottle-feeding and pacifiers (aka “binkies”) used for babies also have similar effects on the developing jaw.

To correct these problems, most parents are asked to wait until the jaws and teeth of children are well developed so orthodontic treatment can be applied. This treatment often involves fixed unaesthetic appliances, which have to be used for a long time to achieve desirable results. After treatment, individuals are required to wear retainers to maintain the corrected dentition in its new position.

Myobrace (myofunctional orthodontics) is an innovation that results in correcting misaligned teeth without the various disadvantages of the traditional orthodontic methods. Myobrace works to correct poor oral habits, which affect dental and craniofacial development of children. A series of appliances are employed in the Myobrace technique, which provide light forces to align teeth into their natural developmental positions.

It also involves taught exercises used to retrain oral muscles and also to help motivate patients for a better treatment outcome. These appliances are only worn a maximum of two hours during the day and throughout the night while sleeping.

Because treatment targets the habits, relapse is rare. The convenience of these removable appliances makes it easy to maintain good oral hygiene, minimizes wear of the roots of the teeth and improves overall comfort of treatment for patients. Also, Myobrace makes it such that it is not readily evident that the individual is undergoing any form of treatment.

In correcting poor oral habits, Myobrace appliances encourage individuals to breathe through their nose, which improves overall health as the air is adequately filtered, preventing harmful germs from invading the throat and lungs. The Myobrace for Kids program also encourages children to have a healthy and balanced diet as well. Myobrace provides excellent results when started early in life and when the patient is compliant and well-motivated. However, treatment options for teens and adults are also available.

