

Summer Sign-up!

SUMMER JUNE 20 - AUGUST 26, 2011 SUMMER

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OPEN HOUSE

MAY 7, 2011

9:30 A.M. - 1:00 P.M.

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HOURS: Mon. 9 am - 8 pm; Tues. 9 am - 6 pm
Wed. 8 am - 8 pm; Thu. 9 am - 6 pm; Sat. 8 am - 3 pm

Orthodontics are increasingly common for all ages

A few decades ago, it was rare to see someone wearing an orthodontic device, commonly known as braces. Now it's surprising to see a teenager who isn't wearing them! This phenomenon is also on the increase among the adult population, as nearly 25 percent of orthodontic patients are 18 years of age or older. In total, some four million Canadians and Americans are presently being treated by an orthodontist. Their aim: to resolve dental health problems and achieve a perfect smile that will have a positive effect on their self-esteem.



After studying dental medicine, orthodontists must follow a residency program of two to three years in order to be fully qualified. They are specialists in the diagnosis, prevention, and treatment of misaligned teeth and jaws, which are called malocclusions. This term includes several problems, most of them genetic, such as crooked, overlapping, or prominent teeth that do not allow the jaw to rest closed properly.

Properly aligned teeth do a better job of masticating food, and they are also easier to look after. This is true for people of all age groups, bearing in mind that the basic movement of teeth and the jaw is the same in adults as it is in children. The determining factor is the health of the supporting bone structure, the teeth, and the gums. Most people can undergo orthodontic treatments at any age to improve their appearance and their oral health.

Visit the dentist every six months

Is it really necessary to visit your dentist twice a year? The answer is yes, unless you're told otherwise by your dentist. With only one visit a year, small problems can easily develop into big ones. You may even need to see your dentist more often, depending on your personal oral hygiene habits and how much prevention work you need.

Many people only go to see their dentists when they have a toothache, but the principal role of dentists is to teach their patients how to prevent oral health problems. Their expertise also allows them to detect a whole range of systemic illnesses, including hypertension and cancer, at a very early stage. Those are pretty good reasons to see your dentist on a regular basis!

Of course, in the event of cavities, accidents, or oral diseases, dentists repair teeth, gums, and oral tissues. They can also improve your appearance by using various up-to-date cosmetic dentistry techniques.

But that's not all. Dentists are able to correct facial and dental deformities, whether due to accidents or congenital factors. They can also correct all types of oral health problems caused by incorrectly positioned teeth or jaws. Their training allows them to manufacture certain oral products that can compensate for the loss of teeth or oral tissues. In short, the dentist is the professional to consult for everything concerning your oral health.

Orthodontics for Georgetown and Mississauga Since 1997

Dr. J. Eric Selnes

BA, BPHE, DDS, MSc, D. Ortho, FRCD (C)

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