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## **STRAIGHTER TEETH CAN AID ORAL HYGIENE AND PREVENT HEART DISEASE AND HEART ATTACKS**

*“Straighten your teeth, stay healthier, live longer.”*

### ***Awareness Campaign Launched by Local Orthodontists***

**STOUGHTON, MA (Issued Fall 2011)** – Most people would be surprised to learn there’s a connection between properly spaced and aligned teeth and the chances of heart disease, heart attacks – and even strokes.

“Studies\* show it’s easier to clean your teeth when the alignment is even, so you’re more likely to regularly floss and remove plaque and bacteria,” says Dr. Andrew Chase of ARCH Orthodontics.

A community awareness campaign is being spearheaded by Dr. Chase and his partner and father, Dr. Robert Chavez, who began the practice 37 years ago in Stoughton and now operates seven offices south of Boston.

“For those who aren’t born with perfect tooth alignment, Orthodontics provides for improved hygiene capability,” Dr. Chase says. “If you can reach all parts of the teeth and gums, you can significantly reduce the likelihood of plaque accumulation, a primary cause of gingivitis and periodontal disease.” Long-term exposure to excessive plaque can relate to higher incidence of heart disease.

Dr. Chavez notes there are two possible explanations as to this unexpected connection: (1) Bacteria that cause periodontal disease can release toxins into or travel through the bloodstream and help to form fatty plaques in the arteries. These plaque deposits can lead to blood clots, which can block blood flow; and (2) Bacteria cause the liver to make high levels of certain proteins which inflame the blood vessels. Inflammation eventually could lead to a heart attack or stroke. Symptoms of periodontal disease include persistent bad breath, red, swollen or tender gums, loose teeth, or a change in the way your teeth come together.

It’s a team effort. Once a Periodontist corrects defects in the patient’s mouth, the Orthodontist use braces or aligners to place the teeth in healthier positions, thus creating a healthier environment. “Straight teeth are easier to clean, and cleaner teeth can result in less plaque accumulation,” Dr. Chavez adds.

There are other advantages to having a healthy bite and tooth alignment created by Orthodontics. It can help improve chewing to improves digestion which aids in absorption of nutrients. A good bite can help prevent tooth fractures and TMJ disorder that causes severe jaw pain. According to Dr. Chavez, “Straighten your teeth, stay healthier, live longer.”

Dr. Chase notes, “Whether you’re a child or teenager facing the day-to-day challenges of adolescence, or an adult looking to leave a lasting impression, a healthy, beautiful smile can

make a huge difference from the inside, out. Advanced treatment options such as Invisalign®, Invisalign Teen®, and Incognito™ behind the teeth braces are almost invisible to others.”

ARCH Orthodontics is the ‘Official Orthodontist of Miss Massachusetts 2011’ and supports its Scholarship Foundation.

ARCH Orthodontics has offices in Stoughton, Bridgewater, Brockton, Canton, Hyde Park, Randolph and Westwood. *To schedule a free consultation call 1-800-28- SMILE, email [smilemaker@archorthodontics.com](mailto:smilemaker@archorthodontics.com) or visit [www.archorthodontics.com](http://www.archorthodontics.com).*

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*\* Follow these links for research related to how long-term exposure to excessive plaque relates to a higher incidence of heart disease:*

<http://www.perio.org/consumer/mbc.heart.htm>

<http://www.perio.org/consumer/healthy-heart.htm>

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