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### **PATIENT CASE STUDY**

## **ARCH ORTHODONTICS PATIENT CALLS HER TREATMENT A ‘MEDICAL MIRACLE’**

**(FALL 2011)** -- Diane Shanks-Correia has had two successful careers and held various volunteer roles. But something always troubled and distracted her.

The bubbly 41 year-old was so self-conscious about her overbite, she often held a hand to her mouth when she spoke or laughed – or spoke and laughed less often.

“I was self-conscious when I gave training seminars for the restaurant chain I worked for,” Diane says. “I was self-conscious about my overbite when I was a teacher. My imperfect smile got in the way when I performed with my church choir, volunteering as a Girl Scout leader, and when I worked in the Welcome Center and Child Watch programs at the YMCA. Whatever I did, I felt as if everyone was focusing on my overbite instead of the words and thoughts coming out of my mouth.”

During Diane’s 11-year career with Boston Market, she worked her way up to Regional Trainer for southern New England and upstate New York. Her territory included 266 stores where she oversaw staff training and helped to open 50 new stores.

After McDonald’s bought the chain, Diane’s job was eliminated and she sought a second career. She completed her B.A. degree and teaching certification, and recently got her M.A. in Biology at Bridgewater State University. While studying, she was a substitute teacher and tutored in the Brockton schools. In 2006, she got a full-time teaching job in Avon where she’s been teaching Math, Science and English since 2006.

“Then I decided to do something for myself, to help my self-image,” Diane recalls. “One Orthodontist suggested fixing my overbite by breaking my jaw and wiring it shut. When I visited ARCH Orthodontics, Dr. Chase and Dr. Chavez had a better solution: removing a few teeth and shifting others.”

Using a combination of wire and invisible braces – similar to her students’ braces – during a methodical program, Diane’s overbite disappeared.

“There were several benefits to the ARCH solution,” she says. “I have more confidence so I present better. People aren’t looking at my overbite; they’re listening to the words. And while wearing braces, I often formed a faster and deeper bond with my students with braces, and helped students prepare when they were prescribed braces.”

Among other surprise benefits: Diane can wear lipstick more comfortably now, and she is no longer a 'mouth breather.' "My sleep apnea is gone and other sleep-related issues have cleared up, including chronic fatigue ("I had a sleep study after dozing while driving"). My fibromyalgia is better. I'm more alert all day long."

One of Diane's three children also had an overbite. "I brought her to Dr. Chavez and Dr. Chase when she was in 4<sup>th</sup> grade. She's using headgear as she prepares to begin 9<sup>th</sup> grade, but because we started treatment early, it's less severe than what I had."

Diane is impressed with the Orthodontists' bedside manner, too. "In 2008, I had surgery and while I was recovering, a brace bracket broke. Dr. Chavez came to the hospital and fixed it."

Not long ago, Diane met an old friend and mentor. "She told me how my face had entirely changed and how great I looked. That made my day!"

So what has Diane learned from her experience with ARCH Orthodontics? "I learned that it's never too late to improve your smile. I learned the treatment can take longer when you're older, but it's definitely worth it. And I learned that having a great smile not only makes you feel better about yourself, but it changes the way people look at and listen to what you say. I commend Dr. Chavez and Chase for the 'medical miracle' they performed on me."

ARCH Orthodontics is the Official Orthodontist of Miss Massachusetts.

ARCH Orthodontics offers free initial consultation including digital photos and panoramic x-rays. The practice has offices in Stoughton, Bridgewater, Brockton, Canton, Hyde Park, Randolph and Westwood. For more info: [www.archorthodontics.com](http://www.archorthodontics.com) or call 1-800-28-SMILE.

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