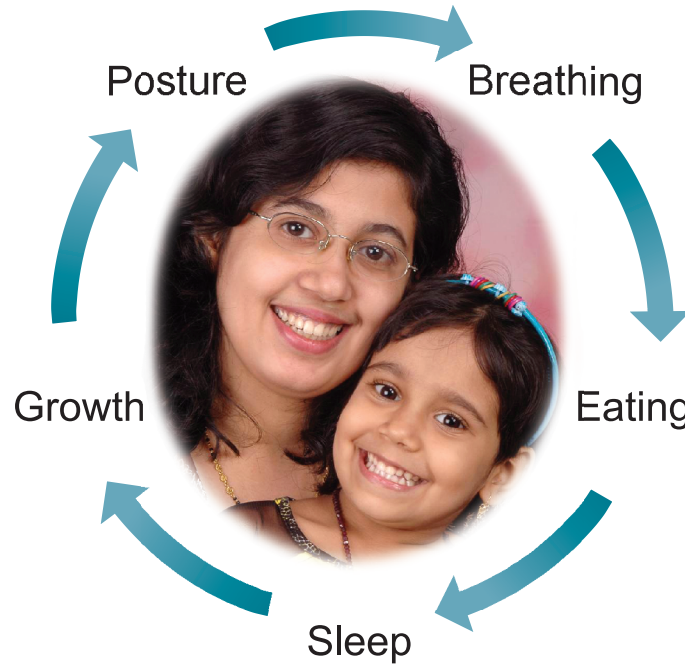


Dr Jawdekar's
smiles-&-MORE

(Dental and **M**yofacial **O**rthodontic **R**emediation **E**nterprise)



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Myofacial Orthodontics

Dentistry

Functional Correction

Have you observed any of the following in you or your family members including children?

Breathing	Sleep	Mouth	Face	Speech	Activity	Posture	Other
Frequent cough, cold (dry or wet), running nose, watery eyes, nasal congestion	Restlessness	Bad breath, gum inflammation	Short lower face with recessive chin	Improper articulation; e.g. lisping	Hyperactivity	Head tilted upwards	Air in stomach leading to bloating, burping, hiccups, flatulence (gas-trouble)
Tonsillitis, adenoiditis	Snoring	Habits such as digit sucking, lip biting	Long face with open bite	Delayed development of speech	Chronic fatigue	Bend in the spine	Acid reflux, gag reflex (vomiting on slightest)
Allergies, asthma	Frequent urination at night, bedwetting	Crooked teeth: crowded, forwardly placed, malaligned	Weak lip/s unable to cover teeth		Low energy level, short attention span	Slump in the shoulders	Lazy eye
Pneumonia, bronchitis and other lower respiratory infections	Night grinding of teeth	High and constricted palate	Gummy smile		Poor memory, difficulty in concentration, learning disabilities	Improper gait	Eczema, skin disorders

If yes, Myofacial Orthodontic Remediation (oro-facial myotherapy) can help you. A variety of problems mentioned above are related to improperly developed functions such as breathing and eating (swallowing and chewing). These functional disorders may affect growth (physical as well as mental), posture of the body, sleep, and development of jaws and alignment of teeth, and **left untreated, the effects of functional disorders may have a profound effect on growth and development, and**

performance of the individual. Studies have reported that mouth-breathing is a major risk factor for tension-headache, sleep apnea, hypertension, stroke, etc. Correction of functional disorders while also correcting the alignment of teeth and smile is possible by early and simple treatment.

At **smiles-&-MORE**, we aim at not only treating dental problems, but also correcting functions that can improve the quality of life of an individual from infancy through adulthood.

Myofacial Orthodontic Remediation (oro-facial myotherapy) deals with the correction of functions by

- Inculcating nasal breathing for better respiration leading to better oxygenation of blood (which presents numerous advantages) and pneumatic growth of the face and jaws and
- Correcting the posture and movements of tongue and lip muscles for proper swallowing and chewing.

The treatment of most functional disorders in children is relatively simple and non-invasive. In only a few advanced conditions, surgery may be needed. The treatment usually comprises of

- Exercises for correction of breathing, swallowing, tongue and lip posture
- Appliance therapy for oro-facial development

Corrected functions can help a child grow well, eat and sleep well and that can lead to a healthy life in addition to having a great smile due to the oro-facial development. Corrected functions in adults too, can have an impact on health and improve the quality of sleep, and reduce pain in muscles of oro-facial region that often causes tension headache. Moreover, corrected breathing can also improve the heart function and help prevent certain cardiac problems.

About **smiles-&-MORE** (Dental and **Myofacial Orthodontic Remediation Enterprise**)

To carry forward the legacy of our existing dental care centre for children : **little smiles**, we have now developed an exclusive centre for oro-facial functional assessment and myotherapy, in addition to routine dental care. The set-up has two dental chair operatories, activity area for therapy (Myofacial gym), state-of-the art equipment and a comfortable ambience. Moreover, we have developed a team to train and monitor the activities to be performed by the individuals. Our activity programme is structured and customized for each individual.

Frequently Asked Questions:

How do I know that I/ my child am/is suffering from any functional disorder that requires Myofacial Orthodontic Remediation (oro-facial myotherapy)?

The functional disorders such as mouth-breathing, reverse swallowing, incorrect tongue and lip posture, etc. have varied manifestations. If there are existing and persistent problems such as respiratory conditions (allergies, infections), sleep disturbances, snoring, dentofacial development (crooked teeth, night-grinding of teeth, abnormal sucking habits, improperly developed jaws), speech, hyperactivity, restlessness, fatigue, postural problems and other listed in the table on page 2, you or your child may be in need of myotherapy.

Is “dental treatment” sufficient for correcting such important functional disorders?

Mouth is the mirror in which reflects the health of the body. Often dental conditions are indicators and markers of the unseen or future conditions that affect health. The ill-effects of functional disorders such as mouth breathing, improper swallowing, etc. may be noticed early by us, dentists. Recent research has widened the spectrum of dentistry so that we can work on correcting the functional disorders while also correcting the smile! We also work in collaboration with pediatricians, ENT surgeons and other health professionals. Although, the dental outcomes are our immediate goal (such as correction of the alignment of teeth), we work towards improving overall health and well-being of children.

Should one go for aligning teeth with the Myofacial Orthodontic Remediation (oro-facial myotherapy) or “Fixed Braces”?

Fixed braces are recommended when crooked teeth have to be moved and aligned for desirable aesthetics and smile. However, braces cannot correct the functional problems and achieve proper facial development. Furthermore, often treatment with braces demands extractions of teeth; which can be substantially avoided with Myofacial Orthodontic Remediation (oro-facial myotherapy). **Often, treatment with braces is not permanent, may lead to relapse (teeth becoming malaligned and crooked again) and require long term or life-time retention** with either night-time wear plates or fixed wires on inside of teeth.

As a result of myotherapy, the results are due to natural growth and development and are durable.

The Myofacial Orthodontic Remediation (oro-facial myotherapy) has the potential to benefit in three manners :

- Pre-orthodontic: for functional correction and jaw-development **before fixed braces**
- Orthodontic: As a **replacement for fixed braces** for correction of teeth-alignment and jaw-development
- Supplemental to fixed orthodontic: **During and after the treatment with fixed braces** for functional correction and additional development of jaws, and retention (prevention of relapse).

What is the best age to start the treatment? Should we wait for all the teeth to erupt for orthodontic correction?

The treatments are best started as soon as the problems are detected. **It's a common misconception that alignment of teeth can be corrected only after all teeth erupt.** We prefer starting most treatments when permanent teeth start to erupt and problems with teeth are recognizable. However, a few treatments can be commenced even before this. It is rather an advantage (because of the on-going growth) to start early and correct the “causes” as well.

Is alignment of teeth, development of jaws and face a genetic/ hereditary phenomenon?

The answer is yes and no. As they say: *“Form is decided by functions”*. Although the growth is genetically programmed, the “epigenetic” mechanism can supersede the genetic outcomes (form) by altering the functions. Behavioural and lifestyle factors

during early childhood (inadequate breast feeding, improper nutrition, recurrent infections, allergens from environment, etc.) can alter the functions and thereby the form, “epigenetically”. The Myofacial Orthodontic Remediation (oro-facial myotherapy) works in the domain of epigenetic control by remediating the functions and thereby the form.

Can Myofacial Orthodontic Remediation benefit only children?

No! Although, myotherapy can be started in children as soon as the problems are apparent, it is possible to treat several problems such as snoring, tension-headaches, sleep disturbances and even the crooked teeth in adults! As stated previously, the goal is to improve the quality of life of an individual related to the oro-facial functions.

Benefits of Myofacial Orthodontic Remediation (Oro-Facial Myotherapy)	
Functional correction	Orthodontic
Breathing	Teeth alignment with fewer extractions, less need for braces and significantly less relapse
Body posture	Jaw development and posture
Speech	Movements and posture of tongue
Sleep	Chewing and swallowing and thereby proper eating
Growth- physical and mental	Improvement in smile

Finally... improper alignment of teeth and development of jaws are only the symptoms. Treating only the symptoms will not correct the cause. Treating the functional disorders is treating the root cause. Our motto is from “Oral Health to Total Health”; hence, we want to begin early and begin well. We want each child to breath well, eat well, sleep well, grow well, and live a long and healthy life.

Dr Ashwin M Jawdekar

MDS (Pediatric Dentistry, Mumbai) MSc, DDPH (Dental Public Health, London) PGDHA (Hyderabad) PGCert (Dental Practice Management, Chester, UK)



About Dr Ashwin Jawdekar

Dr Ashwin M Jawdekar graduated (BDS) from Government Dental College and Hospital, Mumbai, in 1997. He received his Master's degree (MDS) in Pediatric Dentistry from Nair Hospital Dental College, Mumbai in 2001. He acquired MSc in Dental Public Health (with Merit) from King's College London, and Diploma in Dental Public Health (DDPH) from Royal College of Surgeons, London in 2012. He has also received Certificate training in Clinical Dental Research Methods at the University of Washington in 2010. He holds a Post-graduate Diploma in Hospital Administration and Certificate training in Quality Management in Healthcare from Medvarsity, Apollo Hospital, Hyderabad. He has also acquired Post-graduate Certificate Training (L7) in Dental Practice Management from the University of Chester, U.K. He has also taken training in Orthodontics and Myofacial Therapy at IDRR, Bangalore (affiliated with International Association for Orthodontics and Orthodontic World

Institute, Spain) and Myofacial Research Congress (The Raphaael Center for Integrative Education, USA), respectively.

He has authored a book: Child Management in Clinical Dentistry (Jaypee Publishers), and contributed to textbooks of Pediatric Dentistry and Endodontics. He has been a guest speaker for the national conventions of Indian Dental Association (IDA), and Indian Society of Pedodontics and Preventive Dentistry (ISPPD) and international conferences held in the USA and UAE. He has been a speaker for the Indian Dental Association (IDA)-Colgate Countrywide Programme: Future Dental Professionals ('Career Guidance' for Graduate Dentists). He has published case reports and articles in national and speciality Journals. While studying at King's College London, he presented a poster at the British Association for the Study of Community Dentistry (BASCD) Conference in London (April, 2012). He also won a **best paper award in the session at The Post-Graduate Research Day at Guy's Hospital, King's College London** in April, 2012.

He attended a Senior Dental Leadership Program at Harvard School of Dental Medicine held in Boston, USA in March 2013; wherein, he received Tony Volpe Award of the Global Child Dental Fund for his contributions and aspirations in pediatric dentistry. He is also designated as a '**Global Ambassador for the Global Child Dental Fund**'.

His current position is Professor in the Department of Pediatric and Preventive Dentistry at Dr GD Pol Foundation's YMT Dental College and Hospital, Navi Mumbai (under the Maharashtra University of Health Sciences), India. He has more than 13 years of teaching experience in various dental schools in India. He has been practicing pediatric dentistry for more than 12 years at **little smiles**, Thane (India). He has won the **FAMDENT HIGHLY COMMENDED PEDODONTIST OF THE YEAR AWARD in 2013**. He has also won the **DENTIST EXCELLENCE AWARD 2015** of IDRR at Bangalore.



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