

Improve your smile with **orthodontia**

Healthy Smiles For All Ages

Braces are not only for kids. About 20 percent of orthodontic patients are over age 18. Even people in their 60s have had successful orthodontic treatment.

The Benefits Of Straight Teeth

Straight teeth can help an individual to effectively bite, chew and speak. Straight teeth also contribute to healthy teeth and gums, and properly aligned teeth and jaws may alleviate or prevent physical health problems. In addition, surveys indicate that people who had braces live longer and have a statistically lower risk of cardiovascular disease.

A Wonderful Asset

A healthy smile contributes to self-esteem, self-confidence and self-image—important qualities at every age. A person's self-esteem often improves as orthodontic treatment brings teeth, lips and face into proportion. In this way, orthodontic treatment can benefit social and career success, as well as improve a person's general attitude toward life.

It has been clinically proven that a beautiful smile leads to higher self-esteem. Confidence generates success, and people with beautiful smiles have a lot to be happy about.

Mothers Approve

A study of mothers conducted by the American Association of Orthodontists (AAO) finds 86 percent of mothers report that braces are cooler today than when they were children. Sixty-nine percent also said wearing braces makes their children feel cool and 81 percent report their children's experience with orthodontic treatment as either positive or extremely positive. While the perceptions and attitudes surrounding braces have changed over the years, the goal of orthodontic treatment remains the same—to help each patient achieve a beautiful smile. In fact, 78 percent of mothers who had braces as children believe braces were one of the best investments their parents made for them.

Early Warning Signs Indicating It Is Time For An Orthodontic Exam

- Early or late loss of baby teeth
- Difficulty chewing or biting
- Mouth breathing
- Finger sucking or similar habits
- Crowding, misplaced or obstructed teeth
- Jaws that shift, make sounds, protrude or retract
- Speech difficulty
- Biting the cheek or into the roof of the mouth
- Protruding teeth
- Teeth that meet in an abnormal way or don't meet at all
- Facial imbalance or asymmetry
- Grinding or clenching of teeth

Source: © 2012 American Dental Association



Ameritas Life Insurance Corp.
Ameritas Life Insurance Corp. of New York

This information is provided by Ameritas Life Insurance Corp. [Ameritas Life] and Ameritas Life Insurance Corp. of New York [Ameritas of New York]. Group dental, vision and hearing care products [9000 Rev. 03-08, dates may vary by state] and individual dental and vision products [Indiv. 9000 Ed. 11-09] are issued by Ameritas Life in all states other than New York, and by Ameritas of New York in New York.

Ameritas, the bison design, "fulfilling life" and product names designated with SM or ® are service marks or registered service marks of Ameritas Life, affiliate Ameritas Holding Company or Ameritas Mutual Holding Company. All other brands are property of their respective owners. © 2014 Ameritas Mutual Holding Company.

     | 800-776-9446 | ameritasgroup.com