

# They could be a result of these common misalignments:



### Crowding

Symptoms: biting lips, cheeks, or tongue; lisping; speech changes; chipping or wearing of teeth; food traps; bad breath; difficulty flossing; jaw pain; headaches



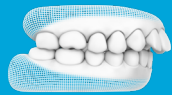
### Gapped teeth

Symptoms: biting lips, cheeks, or tongue; lisping; speech changes; food traps; bad breath



### Deep bite (overbite)

Symptoms: tooth sensitivity; receding gums; indentations at the gum line; chipping or wearing of teeth; dry mouth; mouth breathing; jaw pain; headaches



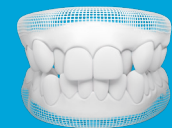
### Excessive overjet

Symptoms: chipping or wearing of teeth; flaring of teeth; dry mouth; mouth breathing



### Open bite

Symptoms: tooth sensitivity; receding gums; indentations at gum line; biting lips, cheeks, or tongue; lisping; speech changes; dry mouth; mouth breathing; jaw pain; headaches



### Narrow arch

Symptoms: tooth sensitivity; receding gums; indentations at the gum line; chipping or wearing of teeth; jaw pain; headaches

Keep reading to learn how misalignments can lead to other issues that affect overall health.



1. Prevalence and distribution of selected occlusal characteristics in the US population, 1988-1991. Brunelle et. Journal of Dental Research. (2/96)
2. Comparison of microbial composition in the subgingival plaque of adult crowded versus noncrowded dental regions. Chun-Hsi Chung, DMD, MS/Robert L. Vanarsdall, DDS/Elisabetta Ada Cavalcanti, DMD/Jill S. Baldinger, DMD/ Chern-Hsiung Lai, DMD, PhD. Int'l Journal of Adult Orthodontics and Orthognathic Surgery. (2000)
3. Effects of crowding in the lower anterior segment – a risk evaluation depending upon the degree of crowding. Stauer K. Landmesser H. Journal of Orofacial Orthopedics. (1/04)
4. Increased prevalence of cardiovascular and auto-immune diseases in periodontitis patients: a crosssectional study. Willem Nesse, Pieter U. Dijkstra, Frank Abbas, Fred K.L. Spijkervet, Astrid Stijger, Jan A.H. Tromp, Johan L. van Dijk, Arjan Vissink. Journal of Periodontology. (6/2010)
5. Report of the Independent Panel of Experts of The Scottsdale Project. Casey Hein, Charles Cobb, Anthony Iacopino, et al. Grand Rounds Supplement. (2007)
6. Periodontitis: a future risk of acute coronary syndrome? A follow-up study over 3 years. Renvert S, Ohlsson O. Pettersson T, Persson GR. Journal of Periodontology. (7/2010)
7. Periodontal disease and tooth loss. Ong G. Int'l Dental Journal (6/98) Periodontal considerations in the use of bonds or bands on molars in adolescents and adults. Boyd RL. Baurind S. The Angle Orthodontist. (1992) Gingival condition associated with orthodontic treatment. Zachrisson S. Zachrisson BU.
8. The Angle Orthodontist. (1/72) Based on lower Plaque Index (PI), Probing Depth (PD), and Bleeding on Probing (BOP) of the upper right first molar and upper left central incisors at initial, 1 month and 3 months on 77 patients (age 16-30, 32 Invisalign® treatment, 35 fixed appliances, 10 control) in Class I mild crowding cases.
9. Compared to Invisalign aligners previously made from single-layer (EX30) material.
10. Based on a survey in March 2021 by iQVIA. If a dentist (n=911) or orthodontist (n=53) has performed 1+ teeth straightening treatment in the past week, they were asked, "which brand of clear aligner do you trust the most for teeth straightening?" From the list, Invisalign was chosen the most often at the 99% confidence interval. Data on file at Align Technology, as of May 4, 2021.
11. Fusobacterium nucleatum infection is prevalent in human colorectal carcinoma. Castellarin M, Warren RL, Freeman JD, Dreolini L, Krzywinski M, Strauss J, Barnes R, Watson P, Allen-Vercoe E, Moore RA, Holt RA. Genome Research. (2012)
12. Study sponsored by Align Technology and based on adult Class I, nonextraction, mild to moderate crowding cases with SmartTrack material. The Angle Orthodontist Nov 2017, Vol. 87, No. 6 pp. 801-808



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invis is getting oral health straight



Get the stunning smile you'd expect with Invisalign® treatment plus a world of health benefits.



Noticing changes in your teeth?

## You're not alone.

More than 70% of adults have some sort of tooth misalignment<sup>1</sup> that they don't even know about.

Misaligned teeth can cause oral health issues like premature wear, gum disease, tooth loss, and eventually lead to larger health issues throughout your body.<sup>4</sup>

Luckily, Invisalign® treatment can help improve your oral health and it comes with an amazing smile.

## Are you experiencing any of these symptoms of misalignment?

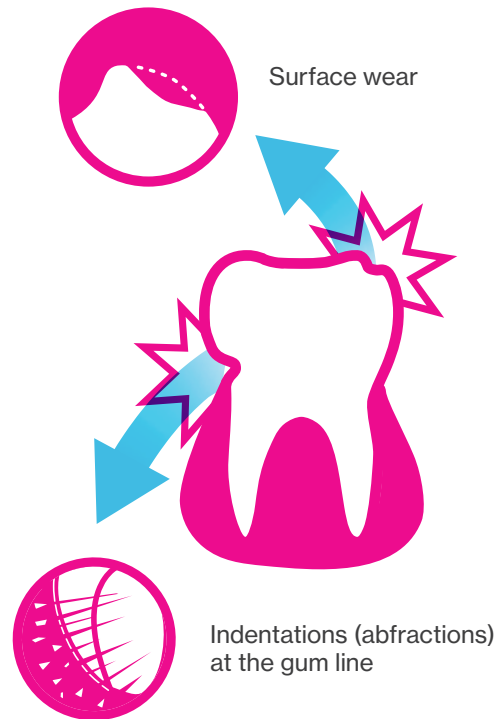
- Tooth sensitivity
- Receding gums
- Difficulty flossing
- Food getting stuck
- Bad breath
- Dry mouth/mouth breathing
- Jaw pain
- Headaches
- Teeth chipping
- Biting lips
- Lisping

invis is here to help.

# Can misaligned teeth affect health?

## Yes, and it's pretty common.

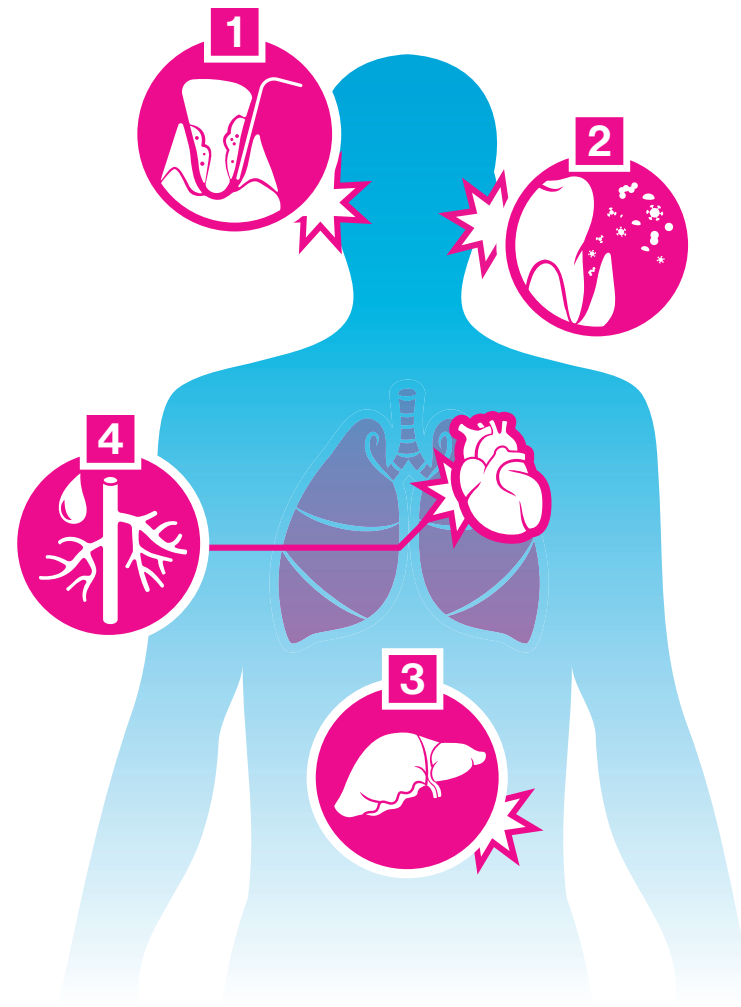
Poorly aligned teeth can put extra stress on your teeth and jawbone resulting in jaw pain, headaches,<sup>3</sup> tooth and gum deterioration, and tooth loss.



## Gum disease

Misaligned teeth also make it hard to remove food, plaque, and bacteria just with brushing and flossing.

Those harmful agents can lead to gum inflammation, gum disease, receding gums, pockets between teeth and gums, or even tooth loss. And that can lead to even bigger health issues.<sup>2,3</sup>



- 1 When misaligned teeth prevent proper oral care, bacteria forms a film on the teeth, traveling under the gum. This forms gum pockets, which trap even more debris.
- 2 The bacteria festers, and gums become inflamed.
- 3 To fight the inflammation, your immune system releases white blood cells.
- 4 The combination of bacteria, toxins, white blood cells, and acute-phase proteins damage can make it harder for your heart to pump blood through your body<sup>5,6</sup> and in some cases cause heart disease and certain types of cancer.<sup>11</sup>

## What health benefits can you expect from straight teeth?

### Healthier gums

Straight teeth make it easier for you to properly brush, floss, and remove debris from your gum line, so gum pockets are less likely to develop.<sup>7</sup>

### Better oral hygiene

When straight teeth make it easier to properly brush and floss, it's also less difficult to remove plaque from the surface of your teeth, reducing the risk of tooth decay and gum disease.

### Fewer costly future dental procedures

Properly aligned teeth can relieve extra pressure on your bite. And that means less jaw pain, headaches, and chipped or worn-down teeth – which can be expensive to repair.

## Now is the time to get a consultation and wellness scan for your health.

Invisalign® treatment is the #1 doctor-recommended clear aligner brand<sup>10</sup> that can straighten your teeth without restrictions.

Invisalign treatment begins with a 3D digital scan of your teeth on our iTero™ dental imaging system. This scan not only creates your Invisalign aligners but also finds cavities between your teeth, tooth wear, gum recession, and assesses bite alignment. It's the first step in keeping your oral health – and overall health – in check.

### Millions of patients worldwide have used Invisalign aligners to straighten their smile. Here's why:

- Removable aligners mean better oral health compared to braces<sup>8</sup> and no food or activity restrictions.
- Made with unique SmartTrack™ material to move your teeth more predictably<sup>9</sup> and comfortably.<sup>12</sup>
- Can be covered by dental insurance or FSA/HSA benefits.



Talk to your doctor today.