

Your doctor would like to discuss your malocclusion with you.



**Crowding**

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



**Gapped teeth**

**Symptoms/signs:** biting lips, cheeks, or tongue; lisp; speech changes; food traps; bad breath



**Overbite (deep bite)**

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



**Excessive overjet**

**Symptoms/signs:** chipping or wearing of teeth; dry mouth; mouth breathing



**Edge-to-edge bite**

**Symptoms/signs:** cold sensitivity; receding gums; indentations at the gum line; chipping or wearing of teeth; jaw pain; headaches



**Open bite**

**Symptoms/signs:** cold sensitivity; receding gums; indentations at the gum line; biting lips, cheeks, or tongue; lisp; speech changes; dry mouth; mouth breathing; jaw pain; headaches

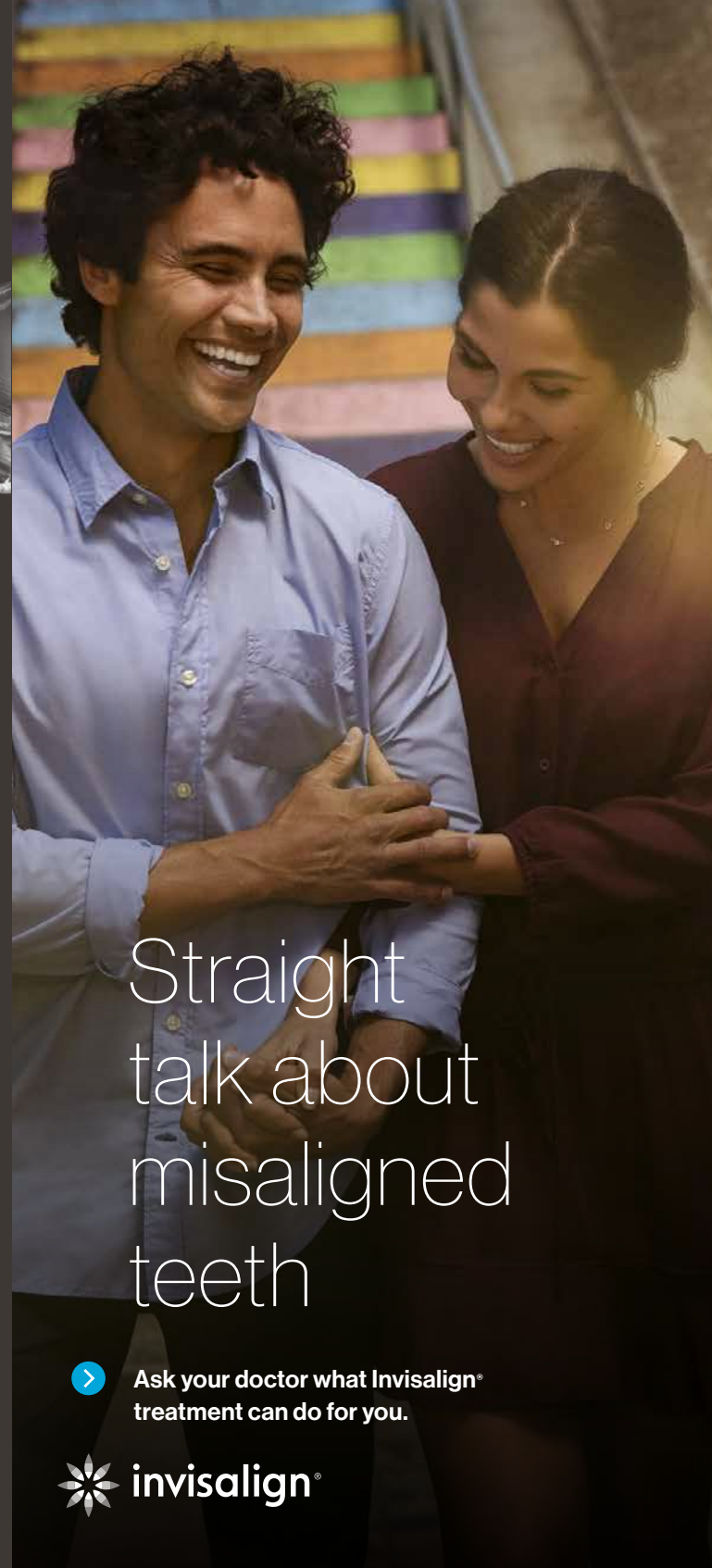


**Narrow arch**

**Symptoms/signs:** cold sensitivity; receding gums; indentations at the gum line; chipping or wearing of teeth; jaw pain; headaches



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. Stauffer K. Landmesser H. *Journal of Orofacial Orthopedics.* (1/04)
4. Increased prevalence of cardiovascular and auto-immune diseases in periodontitis patients: a cross-sectional 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. Whiteman, H. (2013, July 31). Alzheimer's disease linked to poor dental health. *Medical News Today.* Retrieved August 2016 from <http://www.medicalnewstoday.com/articles/264164.php>.
6. Report of the Independent Panel of Experts of The Scottsdale Project. Casey Hein, Charles Cobb, Anthony Iacopino, et al. *Grand Rounds Supplement.* (2007)
7. 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)
8. 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. *The Angle Orthodontist.* (1/72)
9. As compared to clear aligners made from off-the-shelf, single-layer .030-inch material. Data on file at Align Technology.
10. In a study by Miller et al., with adults measuring pain in the first week of treatment.
11. With weekly aligner changes, compared with two-week aligner wear.
12. Many dental insurance plans cover Invisalign® treatment just as they would other orthodontic treatments. Ask your doctor about how to use your orthodontic insurance coverage to pay for Invisalign treatment.



Straight talk about misaligned teeth

Ask your doctor what Invisalign® treatment can do for you.



What's healthier about straighter teeth?

Misaligned teeth can lead to premature wear, tooth loss, gum disease, and the buildup of bacteria associated with bigger problems, including heart disease.

More than seven out of ten American adults have some kind of issue with their bites,<sup>1</sup> such as crowding, spacing, or overbites — your doctor may use the word malocclusion.

> **Malocclusion:**  
Abnormal tooth alignment

Are you experiencing any of the following?

- Cold sensitivity
- Teeth chipping or wearing
- Food getting caught between teeth
- Difficulty flossing
- Self-consciousness when smiling for photos
- Biting lips, cheek, or tongue
- Indentations at the gum line
- Speech changes or lisp
- Bad breath
- Dry mouth or mouth breathing
- Jaw or muscle pain or headaches
- Receding gums

Treat the cause of the problem, not just your symptoms. Learn more inside about how properly aligned teeth can help protect your overall health.

# The connection between your health and misaligned teeth.

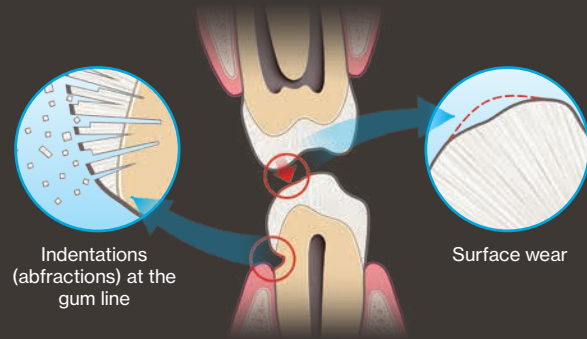
## Painful gums and gum disease

It's hard to remove plaque and bacteria from misaligned teeth. This can lead to inflamed gums, soft tissue damage, receding gums, pockets between teeth and gums,<sup>2,3</sup> bone loss, and tooth loss.

Early signs of gum disease:

- Red gums
- Bleeding when you brush or floss
- Bad breath

There may be no signs of gum disease until the advanced stages.



## Tooth and gum deterioration and tooth loss

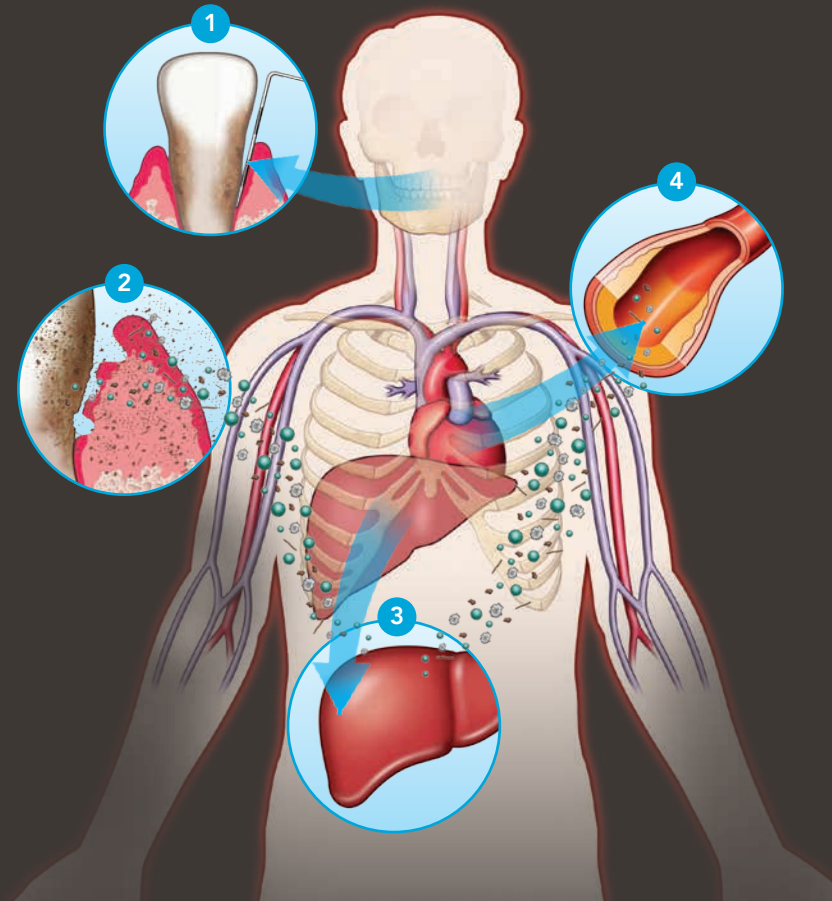
Poorly aligned teeth can put extra stress and pressure on teeth and the jawbone. This can cause:

- Receding gums
- Gum disease
- Indentations at the gum line
- Cold sensitivity
- Chipped or fractured teeth
- Tooth loss<sup>3</sup>

## Overall health risks

Problems that start in your mouth can spread to the rest of your body. Severe gum infections may increase the risk of:

- Heart disease
- Stroke
- Lung diseases
- Problems in pregnancy
- Complications related to diabetes<sup>4</sup>
- Alzheimer's disease<sup>5</sup>



Straight teeth are healthier teeth.

When your teeth are properly aligned, the health benefits are clear.

## Healthier gums

It's easier to brush and floss around properly aligned teeth, and you are less likely to have pockets between gums and teeth that trap bacteria.<sup>8</sup>

## Improved hygiene

Properly aligned teeth reduce plaque retention, tooth decay, and the risk of gum disease.

## Less wear and trauma

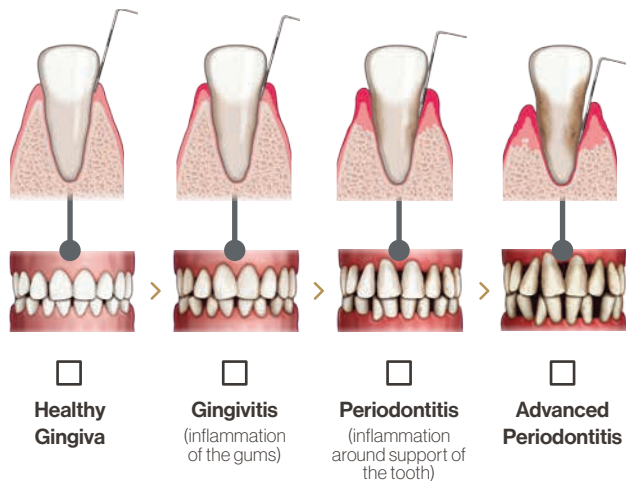
Aligned teeth reduce the risk of tooth chipping, breaking, and wear, which can require expensive procedures to repair. Proper alignment also reduces stress on the jawbone and joints.



## > Gum disease:

Disease of the soft tissue and bone support around your teeth

## The stages of gum disease.



## Your smile deserves the very best.

With its proprietary innovations and decades of research and development, Invisalign® clear aligners are unmatched by any other clear aligner system.

This is why more than 4 million patients have chosen to straighten their teeth with Invisalign clear aligners:

- Up to 75% more predictable tooth movement with SmartTrack® material, for the smile you expect<sup>9</sup>
- Less painful than braces<sup>10</sup>
- No restrictions on foods or activities
- Now up to 50% faster with weekly aligner changes<sup>11</sup>
- Covered up to 50% by many orthodontic insurance plans<sup>12</sup>
- Easier to brush and floss for better oral health

> **Ask your doctor how Invisalign clear aligners can give you your best smile yet. Still have questions? Learn more at [invisalign.com](https://www.invisalign.com).**

- 1 Bacteria form a film underneath the gums, particularly where teeth are misaligned. Gum pockets form, further trapping bacteria and debris.
- 2 Bacteria and its byproducts trigger an inflammatory response.
- 3 Your immune system creates white blood cells and proteins to fight the inflammation.
- 4 The combination of bacteria, toxins, white blood cells, and acute phase proteins damages the cells that line your coronary arteries, resulting in plaque and leading to hardening of the arteries.<sup>6,7</sup>