

# Why is a *healthy bite* so important?

When your bite is misaligned, we call that a malocclusion.

It's a common condition—around 75% of Americans have a malocclusion<sup>1</sup>—but it could put your oral health and whole-body health at risk if left untreated.

## Do I have a *malocclusion*?

If any of these common symptoms of malocclusion apply to you, ask your doctor for an assessment.

### COMMON SYMPTOMS

- Misaligned teeth
- Difficulty breathing
- Painful chewing or biting
- Sensitivity to cold foods
- Speech issues
- Biting of cheek/tongue/lips
- Chipped teeth
- Jaw pain
- Frequent headaches
- Dry mouth

1. J. Dent. Res. 1996;75(2):706-713



MKT-0003 rev. 3



“A healthier bite can help protect your smile and more. Fixing malocclusion is one of the best things you can do for your oral-systemic health.”



**BRIAN GRAY, DDS**  
Chief Dental Officer at CandidPro



[Learn more](#)

**Start protecting your smile today.**

Ask your doctor if you're a candidate for CandidPro clear aligners.

# A healthier smile starts with *straighter* teeth

**CandidPro™**

# Types of malocclusion

There are several types of malocclusion. Here are some of the most common ones.

## CROWDING



Too many teeth in too little space.

## SPACING



Extra space between two or more teeth.

## CROSSBITE



One or more upper teeth close inside lower teeth.

## OVERJET



Upper teeth close too far in front of lower teeth.

## EDGE-TO-EDGE BITE



Upper and lower front teeth close with no overlap.

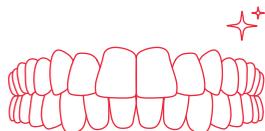
## OPEN BITE



Upper and lower teeth do not fully close, creating an opening.

## A HEALTHY SMILE

Straight teeth that fit together perfectly.



# Long term risks of malocclusion

If left untreated, malocclusions can put you at risk for several oral-systemic issues. Here are just a few of the potential long-term risks of malocclusion.

## GUM AND BONE DISEASE

Misaligned teeth may damage gum and bone tissues and act as a trap for food and plaque.

## TOOTH DAMAGE

Some malocclusions can cause teeth to chip, fracture, and wear down, leading to restoration or removal.

## SLEEP APNEA

Malocclusions may impact your ability to breathe properly during sleep.

## ARTERIAL DISEASES

Malocclusion-related gum inflammation and plaque may increase your risk of a stroke or heart attack.

## ALZHEIMER'S DISEASE

Malocclusion-related gum inflammation may contribute to plaques associated with Alzheimer's disease.

## PREGNANCY ISSUES

Malocclusions increase the risk for hormone-related gum disease during pregnancy.



# Let's get things straight

If your doctor diagnoses you with a malocclusion, the next step is finding the right treatment.

## BRACES

Braces align your smile using metal wires and brackets along with rubber bands. These appliances are fixed to your teeth for many months and require frequent follow-up appointments to tighten them.

## TRADITIONAL CLEAR ALIGNERS

Clear aligners are removable plastic trays fitted to your teeth for several months. Traditional clear aligners often require frequent follow-up appointments to ensure progress is being made.

## CANDIDPRO™ CLEAR ALIGNERS

CandidPro clear aligners can help you achieve a straighter, healthier smile with as few as two office visits using some of the most advanced orthodontic technology on the market.