

A research on the effectiveness of dental braces essay sample



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Brace is an orthodontic appliance usually of metallic wire that is used especially to exert pressure to straighten alignment teeth. It is used to connect the alignment of your teeth and create a more attractive and healthier smile. Putting braces can be done by orthodontist. It also helps you keep your teeth, gums and oral cavity healthy. There are several types of braces: Lingual braces, Titanium braces, Smart brackets, Clear braces, and the most widely used brace are the Traditional Metal-Wired Braces.

Orthodontic treatment will make your smile look fabulous. The fabulous smile will last for the rest of your life.

Think about how a fabulous smile will improve your life. Teeth that are crooked or out of place (misaligned) affect the person chews and talk and how their smile looks. Crooked teeth are harder to clean and are more likely to have cavities. It can also cause pain and discomfort. Braces act like magnets for food, so you need to keep your teeth especially clean while you have them on. You'll want to brush after meals and be extra careful to get out any food that gets stuck in your braces. Those who have braces on their teeth have the problems like overbite, underbite, tooth spacing, crowding and malocclusion. These conditions may be caused by habits such as thumb-sucking, losing teeth prematurely and accidents.

STATEMENT OF THE PROBLEM

This research seeks to answer the following questions:

1. How do braces work?
2. What are the benefits can braces produce to users?
3. Are braces used with limitation?

SIGNIFANCE OF THE STUDY

These study regarding dental braces will benefit the following: Students. This study will let them know the importance of their dental health. Researchers. This research can give them additional information regarding the use of dental braces. Teachers. The outcome of this study can help them encourage their students to observe hygiene and keep themselves orally healthy. Parents. This research can contribute knowledge about dental stuffs that will help them to take care of their child's oral health.

SCOPE AND LIMITATION

The researchers focus on the study about the effectiveness of dental braces. They will also study on how it works and how to take good care of our teeth. The study will be conducted at Victorious Christian Montessori School Foundation Inc., #323 Brgy. San Gabriel, General Mariano Alvarez, Cavite. Respectively, this research has started September 2011. The selection of respondents are only limited to the persons who are in the VCMSFI campus, specifically, only those students who wear braces in VCMSFI.

DEFINITION OF TERMS

The commonly used terms in this research are the following:

Cavity. It develops when a tooth decays, or breaks down; is a hole that can grow bigger and deeper over time
Clear Braces. These brackets are made of or plastic materials and function in a similar manner to traditional metal brackets.
Dental Braces. Devices used in orthodontics that align and straighten teeth and help to position them with regard to a person's bite, while also working to improve dental health.
Lingual Braces. Custom made fixed braces bonded to the back of the teeth making them invisible to other
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people. Malocclusion. Misalignment between the upper and lower teeth when the jaw is closed, resulting in a faulty bite. Orthodontist. Dentist (a doctor that works on teeth) who specializes in straightening teeth with things like braces. Overbite.- If you have this, you can stick your tongue between the upper and lower front teeth when the back teeth are together. Smart Braces.

The aim of these braces is to reduce the duration of orthodontic therapy and the related expenses and discomfort to the individual. Teeth. Small, calcified, whitish structures found in the jaws (or mouths) of many vertebrates that are used to break down food. Teeth Crowding. It is the lack of space for all the teeth to fit normally within the jaws. Teeth Spacing. It is the opposite of crowding and is an excess of available space, resulting gaps between the teeth. Titanium Braces. It resembles stainless steel braces but is lighter and just as strong. Traditional Metal-Wired Braces. They consist of a small bracket that is glued to the front of each tooth and the molars are adjusted with a band that encircles the tooth. Underbite. The upper teeth fit inside the arch of the lower teeth and the lower jaw protrudes farther than the upper jaw, which gives one the “strong chin” appearance

CONCEPTUAL FRAMEWORK

Underbite Teeth with braces Correct alignment of teeth

The conceptual framework above shows that Dental Braces can transform defected teeth to become a better looking one.

CHAPTER II

REVIEW OF RELATED LITERATURE

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On Underbite

An underbite refers to the structure and placement of the teeth and is often contrasted with an overjet, more commonly, if incorrectly, called an overbite. In an overjet, the front top teeth stick out far above the bottom teeth. An underbite is perhaps more pronounced; the lower front teeth are in front of the top teeth, and the lower jaw can be much more prominent. The condition can be minor and barely noticeable or very noticeable, and it can result in greater risk of temporo-mandibular joint disorder, poor bite, and wearing of the teeth unevenly. A discussion of underbite often leads orthodontists to explain why early orthodontic treatment may be essential for some kids. When children are young, usually under the age of eight, their mouths and jaws are much easier to reshape. Older kids, teens, and adults may have a challenging time getting an underbite corrected. Severe cases may require surgery on the jaws, teeth extraction, and very long use of braces to correct the problem. In most instances, an underbite is correctable at any age via these interventions, but it is definitely easiest to address this issue when children are still young.

Some dental experts tie presence of underbites to genetics. It is pretty clear to see how this works in certain dog breeds like bulldogs. Almost all bulldogs have the protruding lower jaw, which is a desirable breed trait. Some populations of humans seem more prone to underbites. People of Asian descent tend to have them occur more frequently than do other racial groups. Behavior, especially tongue thrust and mouth breathing can also result in underbites, even when this isn't something that shows up in a person's family. For instance, a child who suffers from significant allergies

and nasal congestion might breathe through the mouth constantly, causing the tongue to sit against the front bottom teeth at all times, which can lead to protrusion of the lower teeth.

Many orthodontists state that it is impossible to fully correct an underbite if the underlying issues that may have caused or worsened the issue are not addressed. Even when things like jaw surgery are performed, the teeth may gradually move into the wrong position again if tongue thrust problems are not treated or a patient is not helped to find successful treatments for chronic nasal congestion. In these instances, tongue thrust may be aided through placement of orthodontic devices to prohibit the tongue from pushing against the lower teeth with force when a person swallows. Patients with allergies and chronic congestion are urged to see their doctor or a specialist to help get congestion under control so that mouth breathing occurs less frequently.

On Overbite

An overbite is a dental condition where the upper teeth noticeably cover the lower teeth. Far from uncommon, most people have some degree of an overbite, however for most individuals it is not serious enough to require professional dental attention. An overbite is just one type of dental malocclusion, like its exact opposite, the underbite. Common causes for an overbite are varied. A child who sucks his or her thumb has a much greater chance of developing an overbite. Unfortunately for some, overbites are often hereditary, passed on genetically from parents to their child. Although it seems like a minor aesthetic flaw, an overbite can lead to a large number of problems if it is serious enough to require treatment. The presence of an <https://assignbuster.com/a-research-on-the-effectiveness-of-dental-braces-essay-sample/>

overbite can affect a person's bite which can lead to jaw pain and increased wear and tear on the tooth enamel. Increased wear on tooth enamel can, in turn, make one more susceptible to tooth decay and increase the chance of developing a serious gum disease. Additionally, an overbite can lead to a speech impediment, due to the abnormal tooth structure. A more serious overbite can even change the structure and appearance of the afflicted individual's face.

Effect of Dental Braces

The effect of dental braces varies from case to case, but commonly there are both advantages and disadvantages to getting braces. So what are the pros and cons of getting orthodontics? If you think braces may be what you need to improve your current dental condition, you should think about your decision very carefully first. Getting braces is not an ordinary dental procedure; it is not a basic and simple operation nor is it a reversible process that you can cancel when you change your mind. Getting braces can get a bit complex, and it requires careful planning and decision-making. So before venturing into orthodontics, make sure to consider the pros and cons of doing so. This can help save you from a lot of hassle and wasted money due to a wrong decision. It will also help even out your expectations of getting braces because you'll know everything there is to expect. So if you're wondering about the effect of dental braces, always look both sides.

Positive Effect of Dental Braces: Why Get Braces – Pros of Getting

Orthodontic * The solution to various dental problems a big pro of getting orthodontics * The solution to low self-confidence

* Modern orthodontics procedure

1. The solution to various dental problems

Orthodontics is a very important branch in the dental field. This is because the effect of dental braces in general can solve a lot of different dental problems. From tooth decay, bone destruction, tooth loss, chewing problems, gum disease, speech problems, to basic oral hygiene, braces can really do wonders for teeth. Primarily, braces are meant to straighten crooked or misaligned teeth. It is also used to improve the positioning of teeth to prevent overcrowding. Overcrowding can make teeth difficult to thoroughly clean and maintain, so braces, in this sense, solves two problems. It solves the overcrowding problem and also makes it easier for you to take care of and properly clean your teeth. This is one strong reason to get braces. It has multiple positive effects on your dental health.

2. The solution to low self-confidence

A lot of people get braces to improve the appearance of crooked, crowded, or misaligned teeth. Aside from these problems causing maintenance problems, such dental problems can also affect the way you smile, and therefore also affect your confidence and self-esteem. So aside from the dental effect of dental braces, braces also have an indirect, psychological effect on your personality.

3. Modern orthodontics procedure

Another positive effect of dental braces is that it makes you believe that dental problems can be solved and that dental braces can do this without too much complication. Of course, getting braces is quite complex, but it is also

effective. Although it is a long process, it is not as invasive as you think because you can learn to live with braces for around 1 to 3 years then reap its long term effects for the rest of your life. The more modern the bracing techniques get, the more convenient the dental braces procedure becomes. It now takes less time and the braces are less noticeable. The discomfort that comes with the braces has also been reduced. All in all, the benefits of getting braces are becoming more and more enticing as the little quirks that make it inconvenient are fast becoming even smaller and less significant.

CHAPTER III

RESEARCH METHODOLOGY

The chapter presents the methodology of the study. It consists of research design which discusses the method used in the study, research Locale or the place where the study is done, research/experimental materials or the component used in the said experiment, and research procedure wherein discussed the steps used.

A. Research Design

Experimental research is a kind of research that obtains data based on experimenting. This is the most difficult research because it is hard to be perfected. Experimental research is commonly used in sciences such as sociology and psychology, physics, chemistry, biology and medicine etc.

B. Locale Research

Our research will be done at Victorious Christian Montessori School Foundation Inc., #323 Brgy. San Gabriel, General Mariano Alvarez, Cavite

and also in Bulihan, Silang, Cavite. This research conducted from September 2011 to February 2012.

C. Research /Experimental Materials

- * Interview Sheet
- * Notebook and Ballpen (for observation)
- * Camera

D. Research Procedure

1. The orthodontist will fit the patient's teeth with very small brackets. These brackets are held on with an extremely strong dental adhesive.

2. Once the brackets are in place, the orthodontist will slide arch wires through the brackets. These wires are the agents of change. They will act as the stick in the tree, so to speak, guiding the patient's teeth into their new growth position.

3. Finally, ligatures, which look and function like very small rubber bands, are fitted around the wires and brackets to hold everything in place. If there is an overbite to be corrected, there may also be the addition of removable rubber bands which hook from the bottom row of teeth to the top row, creating tension that will slowly pull the front teeth back.

CHAPTER 4

PRESENTATION, INTERPRETATION, AND ANALYSIS OF DATA

This chapter presents the experimental set-up which is already done by the researchers.

I. EXPERIMENTAL SET-UP

The table below presents the findings, interpretation, analysis, and discussion of the gathered information. Table 1

Name	Case	Period	Observation	Image
Trisha Pastor	Overbite	Almost 3 years	The upper front teeth are almost aligned with the lower set.	
Sharryl Jovellana	Overbite	3 years	The bite is slightly fixed.	
Jennylyn Cuello	Deep Bite	One year on April	The upper front teeth slightly moved backward.	
Nadia Panganiban	Front teeth alignment	1 year	Upper and lower teeth are almost aligned.	
Christine Manaig	Crowding, Front teeth alignment	7 months	No more excess tooth but her bite is still a problem.	
Crishel Anne Filomeno	Spacing, Deep bite	1 year	Spaces are now closed but the bite is still a problem.	

Name	Case	Period	Observation	Image
Roselvie Frias	Crowding, Underbite	4 months	No more excess tooth but her bite is still defected.	
Mikaela Dimaranan	Crowding	1 month	The excess tooth was observed to be fixed but still needs to be adjusted.	
Jonas Javier	Crowding	8 months	There is a big change on his teeth.	
Angeli Gallarin	Deep bite	1 month	Result can be barely seen.	

The table above shows the problem of each person, the length of how long they have been wearing braces and the observed changes on the appearance of their teeth. As observed, patients' teeth with overbite are almost aligning except for Ms. Sharryl Jovellana though she has been wearing braces for three years because according to her, she is not visiting her orthodontist regularly which should be done every month for adjustment. For Ms. Angeli Gallarin's case, changes can barely be seen because it is just

a month since braces was applied to her. Lastly, patients with teeth crowding, like Ms. Roselvie Frias, the excess tooth was extracted and the tooth over it moved forward and now it is in its proper place. As conclusion to this, changes and results depend on the adjustment done every month that put pressure on the teeth.

II. PRESENTATION OF THE STATEMENT OF THE PROBLEM:

* How do braces work?

Braces straighten teeth by putting steady pressure on your teeth and by staying in place for a certain amount of time. The wires on your braces help to move your teeth, and the rubber bands help to correct the alignment, which is the way your teeth line up.

* What are the benefits can braces produce to users?

It affects the way its user smile. Therefore, patient's confidence and self-esteem will also be affected. Patient's teeth will also look healthy. * Are braces used with limitation?

Yes, a person wearing braces are prohibited to eat hard, sticky, and sweet foods that will bring problems to both braces and teeth. Patients should also avoid drinking soda.

CHAPTER 5

SUMMARY OF FINDINGS, CONCLUSIONS, AND RECOMMENDATIONS

This chapter is the last part of the study where findings are summarized.

Generalizations of conclusions are formed and recommendation s for the solutions of the problem are suggested. Summary of Findings

This research aims to prove the effectiveness of braces in fixing different dental problems such as bite problem, teeth crowding, teeth spacing and misalignment. These problems however, bring negative effects to each individual who has it, but through the application of braces there is a big possibility for it to be fixed. Braces exert pressure that forces teeth to move in its proper place. This study provides information on how to take good care of one's teeth and keep oneself orally healthy. The researchers interviewed to persons who wear braces and ask them how it changes the appearance of their teeth, while wearing it for several months.

Conclusions

This research has yielded an important analysis and result pertaining to the effectiveness of dental braces. The researchers have analyzed through the findings of the study that the dental braces have benefits to its user.

The researchers have concluded for the following:

- * Braces are very effective in solving a lot of different dental problems such as overcrowding, defective bite, teeth spacing, speech problem and misaligned teeth.
- * Braces are not just an accessory that adds beauty to its user but it is an agent in transforming teeth with problem to become a healthier looking one.
- * The changes on teeth depends on the pressure exerted on it through the wires and rubber bands which are being adjusted monthly.

Recommendations

Based on the findings and conclusion, the following recommendations are presented: * Restrict from taking soda which help in the multiplication of

cavity. * Visit your dentist every month for dental purposes to keep yourself orally healthy. * Use dental floss or inter-dental toothbrush after eating to clean spaces between the teeth. * Avoid eating hard, sticky, and sweet foods which are difficult to remove from braces and these can loosen brackets and bands.