

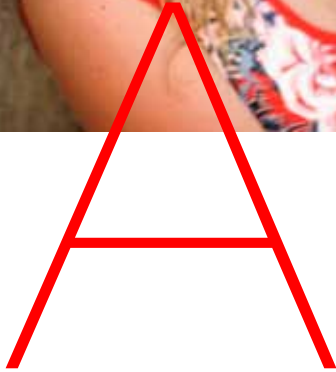
OCTOBER IS:

# National Orthodontic Health Month

Creating beautiful smiles, one family at a time. *By Judy Green*



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SEVEN YEAR OLD WITH CROOKED, front teeth? An athlete with a perfect smile? An adult with a smile needing a tune-up? According to Gary A. Carter, D.D.S., M.S., these are all orthodontic patients.

## CORRECTING A SMILE IS A SPECIALTY

Children should have a panoramic X-ray at age seven to see if their smile and “bite” are developing properly. Many dentists will refer to an orthodontist to propose how best to protect a child’s mouth and facial development. “Often you have one chance for the best result, so I advise orthodontic treatment by an orthodontist,” suggests Dr. Carter, the orthodontist at Orthodontic Specialists of Utah.

“Your teeth are much more than a chewing mechanism. Crooked teeth, cross bites, and overbites can alter the shape of your face. An improper bite can cause pain and other debilitations such as breathing troubles and sleep issues” continues Dr. Carter.

Orthodontic specialists (orthodontists) receive 2-3 years of additional training beyond dental school to learn how to correct jaw, mouth and teeth problems. “I practiced 12 years as a dentist before returning to school for orthodontia. Seeing the confidence beam from a patient with a corrected smile makes my day,” he adds.

## KEEP SMILING!

Orthodontists don’t just correct smiles, they protect them, too. “Many of my patients play sports. A custom mouth guard gives a player peace of mind,” says Dr. Carter. The guard serves as “shock absorber” and protects teeth and jaws from serious injury. Generic guards offer some level of protection, but a guard custom-made by your orthodontist or dentist protects the best, especially if the patient wears braces.

## EVERY AGE DESERVES A WINNING SMILE

While the primary patient base is children, for adults who notice teeth are shifting or who haven’t taken the best care of their smile, orthodontists can improve a smile with products that are hardly noticeable. “There are many cosmetic options today including crystal-clear, sapphire braces and clear, tooth aligners,” Dr. Carter says, “Don’t be

held back by an imperfect smile, no matter what your age.”

## ALL IN THE FAMILY

“My experience was wonderful. I absolutely LOVE my teeth! Dr. Carter did such a great job that my whole family came to him,” says mom Tiffany who along with James, Jacob, Hannah, and Jordyn are now happy, smiling patients.

“We see second-generation patients now, where we treated the parents as children. This is the highest compliment, when we treat the whole family. Orthodontics is my passion!” says Dr. Carter.



Dr. Gary A. Carter is the orthodontist and founder of Orthodontic Specialists of Utah. He has over 25 years experience in dentistry and orthodontics. He is a member of the ADA, AAO, UDA, UAO, and RMSO

professional organizations. He also served as a proud member of the US Air Force for 12 years. Orthodontic Specialists of Utah is one of the largest, orthodontic practices on the Wasatch Front with offices in Sandy, Murray and Orem. Catch them online at Carter-Orthodontist.com or call at 801-255-9000.