



NUTRITION AS A POTENTIAL ETIOLOGICAL FACTOR IN THE OCCURRENCE OF ORTHODONTIC ANOMALIES



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BACKGROUND

Different types of food, according to their qualitative and quantitative properties, have different influences on the state of the orofacial system. Cariogenic foods are a risk factor for tooth decay. On the other hand, food texture affects craniofacial morphology across the masticatory muscles and temporomandibular joint. Numerous studies indicate a correlation between dietary patterns and the occurrence of malocclusions.

AIM

The aim of this paper is to present the impact of diet on the potential occurrence of certain orthodontic anomalies through a systematic review of the literature.

MATERIAL AND METHODS

The material and methods of computer search were reviewed, then the articles published within the database of google scholar and pubmed were analyzed, and on the topic of nutrition and malocclusion.

CONCLUSIONS

A systematic review of the literature led us to the conclusion that the consistency of food affects the development of the entire stomatognathic system. Consumption of food of softer consistency leads to the adjustment of the functions of the stomatognathic system and in the long run can result in the appearance of malocclusion. In line with this issue, orthodontists recommend switching from soft to hard foods in children aged 12-14 months, which corresponds to the appearance of the first milk molars.

RESULTS AND DISCUSSION

The results of the conducted research show that the development of jaws and occlusal relations is not only genetically determined, but it is also influenced by local factors, of which nutrition plays an important role. The consistency of the food we use affects the strength of the mastication we need to apply. Studies show that Americans, whose eating habits are adapted to processed foods of softer consistency, have an increased presence of dental and bone anomalies, such as pronounced narrowing of dental arches, cross-bite, frontal narrowness, external and elevated positions of maxillary canines, negative incisal grade and increased caries. The cariogenic effect of refined food and unsatisfactory poor oral hygiene, with premature loss of deciduous teeth, is cited as the main cause of newly formed malocclusions. The result is the displacement of adjacent teeth into an empty space and a change in the physiological order of tooth eruption. Secondary crowding occurs.



Source: <https://pk.dental-tribune.com/clinical/why-dental-crowding-happens/>



Source <https://www.swordsoortho.com/blog/crossbite/15158>

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