

## Crowded Teeth



Dental crowding is a condition where the jaws cannot support all the teeth in the mouth within the arches.



As a result, teeth may overlap.



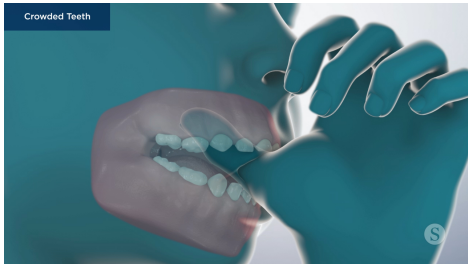
Twist



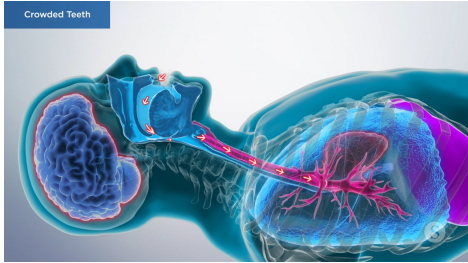
Or not erupt because of the inadequate jaw space.



Dental crowding may be caused by genetics; however, many times crowding is due to environmental factors or certain behaviors.



Dental crowding frequently occurs in children and may be caused by a variety of reasons including thumb sucking, large teeth, small-sized jaw, extra teeth, teeth of different sizes, or baby teeth that are kept too long. For children, the condition worsens over time if not treated early.



Having crowded teeth may cause mouth breathing, biting inner cheeks or tongue, pain while chewing or breathing, changes in face appearance, lisp or other speech problems, misalignment of teeth and low self-esteem.



The more severe your dental crowding is, the more susceptible you are to dental problems.



Crowded teeth can hinder or prevent proper brushing and flossing, which can lead to tooth decay, gum disease, a weakened immune system, and other health complications.



There are multiple options available to reposition and restore crowded teeth to optimal position, appearance, and function.



It is important to be evaluated by your doctor to develop a treatment plan that makes the most sense for your unique situation.