



# BRACES - To Pull Teeth Or Not To Pull Teeth?

## Dr. Maryam Bakhtiyari

*Diplomate of International Board of Orthodontics  
Fellow of American Academy of Craniofacial Pain*

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Parents may not realize that between the ages of 4 and 12, the happy childhood years when most kids have lost their baby teeth and permanent teeth are coming in, is also a serious time when 60%-90% of facial and jaw growth is achieved and completed. Waiting to approach teeth straightening with traditional orthodontics after age 12 may be too late, as airway and jaw conditions such as tongue thrusting, overbite, thumb sucking, mouth-breathing, forward head postures, asthma and allergies may have already negatively impacted facial and jaw structure.

The only female Diplomate of the International Board of Orthodontics, Dr. Maryam, is a recognized leader in her field. Every day, in her bright, cheerful office she educates children and their parents about correct jaw and facial formation in conjunction with orthodontics. She believes most of the conditions listed above, plus advanced problems of TMJ, snoring and sleep apnea, are all related and can be corrected through the use of her functional orthopedic appliances.

Dr. Maryam looks at what is really causing the symptoms, focusing on the airways, breathing, jaw, bite, and blood supply to the brain. "With kids, we have to look at the airways, if there is crowding, the patient is not breathing correctly, the tongue is not in the right place, the jaw's not in the right place, causing the teeth to move out of place."

Rather than extracting teeth in a crowded mouth, known as Retractive Philosophy, Dr. Maryam believes in the Functional Philosophy, or moving the jaw into the proper position using orthopedic appliances. With this method, all the teeth and tongue will likewise be correctly positioned. While functional orthopedic appliances, versus retraction, may be relatively new in the United States, it is a well-respected and popular preventive treatment in Canada, Europe, and South America. Dr. Maryam states, "The extraction of the upper pre-molars results in a constriction of the upper arch, which has a negative impact on nasal breathing, speech, smile and the TMJ."

In addition to treating children, Dr. Maryam also treats adults with problems like snoring, sleep apnea, TMJ, ringing in the ears, vertigo, and migraines. Take a few minutes to visit her website at [www.manhattanbeachortho.com](http://www.manhattanbeachortho.com) or call her office to schedule a complimentary consultation.



Before - Told to have  
4 teeth pulled

Dr. Maryam's treatment no teeth  
pulled, Orthopedic Appliance + Braces

Today - Happy,  
Healthy Young Lady



Before - Headaches,  
jaw pain, ear problems  
and a mouth breather

Dr. Maryam's treatment,  
Orthopedic Appliance +  
Braces

Today - Happy,  
Healthy Young Man

## Dr. Maryam's Philosophy on Functional Orthodontic Treatment

**Early Prevention and Treatment** – as early as age 4 to stop bad habits and mouth conditions from forming, even before permanent teeth have all erupted.

**No Extractions** – so the jaw can form correctly and grow into the proper position.

**Functional Orthopedic Appliances** – either fixed or removable appliances that allow healthy mouth and jaw formation, keeping airways open and preventing tooth crowding.

**Long Term Problems Averted** – when the jaw and bite are allowed to form normally, without constricting the airways, kids experience fewer of today's more common childhood ailments such as ADHD, asthma, allergies, etc.

**Functional Treatment is the Future** – Dr. Maryam has successfully treated hundreds of kids with functional orthopedic appliances in her 18 years in practice.