



August 2025

**MYOWAY**  
CENTERS FOR KIDS

Grow Right, Breathe Right, Live Better

# MOUTH MATTERS

## MYOFUNCTIONAL WELLNESS NEWSLETTER

724-765-0001 info@myowaycenters.com www.myowaycenters.com



### SHIFT HAPPENS—BUT IT DOESN'T HAVE TO

Orthodontic treatment doesn't end when the braces come off. In fact, the hardest part might just be keeping the teeth where they've been moved. Research shows that 20–50% of patients experience some degree of relapse within the first five years after treatment, with more than 50% showing signs of shifting by year ten. Even with retention strategies in place, relapse can still occur—especially when underlying causes go unaddressed.

Treatment at MyoWay Centers for Kids doesn't just support alignment—it helps stabilize results for the long term, not just moving teeth, but keeping them where they belong and reducing the likelihood of retreatment.

### Our Jaw & Airway Experts



**Dr. Leslie Pasco**  
DMD, OFM, CCBI



**Ashlee Friedman**  
BS, RDH, OFM

### FOLLOW US – LIKE AND SUBSCRIBE!

- Myoway Centers for Kids
- @myoway\_centersforkids
- @MyoWayCentersforKids
- @DrLesliePasco
- Dr. Leslie Pasco

## MYO AND ORTHO

How Myofunctional Therapy and Orthodontics Work Together to Fix More Than Just Crooked Teeth



Myofunctional therapy and traditional orthodontics are complementary approaches to improving oral health, with each addressing different aspects of oral development. While traditional orthodontics primarily focuses on aligning teeth and correcting bite issues using braces, retainers, or other appliances, myofunctional therapy works on retraining the muscles of the mouth, jaw, and face. The therapy aims to correct improper muscle patterns, such as tongue posture, mouth breathing, and swallowing habits, that can contribute to dental misalignment. When used together, myofunctional therapy can enhance the effectiveness of orthodontic treatments by addressing the root causes of misalignment, such as muscle dysfunction, which can prevent teeth from shifting back out of place after orthodontic work is completed. This holistic approach can lead to more lasting results, healthier oral function, and improved facial development.

*“Individually we are a drop, but together we are an ocean.”*

*~ Ryunosuke Satoro ~*