

# What the Heck is Airway Orthodontics?

The Overall Health Perspective  
and Therapeutic Benefits of  
Breathing Correctly

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# Breathing.

Something COVID-19 has brought to our attention in the blink of an eye.

Who feels confident about breathing in recent months? The truth is – we are all struggling just a bit (some more than others), spending our days with masks on and literally straining to inhale and exhale comfortably. Imagine how our children feel, tossing and turning at night, worried about the unknown.

To be honest, partial or complete upper airway obstruction while sleeping is something that has been around for an awfully long time. It is also known as Obstructive Sleep Apnea (OSA), and it occurred in approximately 5% of children until the recent pandemic where it is becoming more and more prominent.





Breathing disorders are connected with an elevated risk for severe medical health problems and should be treated now, but early prevention goes a long way toward saving much pain, time and money. Airway orthodontics helps to identify a child who is experiencing cessation of breathing while they sleep, in the hopes of eliminating obstacles such as behavioral and learning problems, heart disease, stunted growth, failure to thrive, asthma, attention deficit disorder, anxiety and hypertension, among other health problems.

Attention to  
breathing and  
how it affects  
our health is  
long overdue.

Within each breath that you take, there are more molecules of air than you can even fathom. In fact, how we take in that air and let it out is more important than anyone even imagines. We do not even think about breathing, we just do it. But, did you know that learning to breath properly will assist us

in our quest to live long, healthy, happy lives? In contrast, poor breathing can create and also aggravate many chronic diseases in both adults and children. Not breathing correctly can even weaken our bones and change our physical structure.

Airway Orthodontics is a complex approach to assisting with the complete sum of your health – not just your teeth. We work with you and/or your child to improve your overall health, focusing on the relationship between your body’s ample intake of oxygen and complete orthodontic treatment of your facial structure, teeth, jaw and mouth.

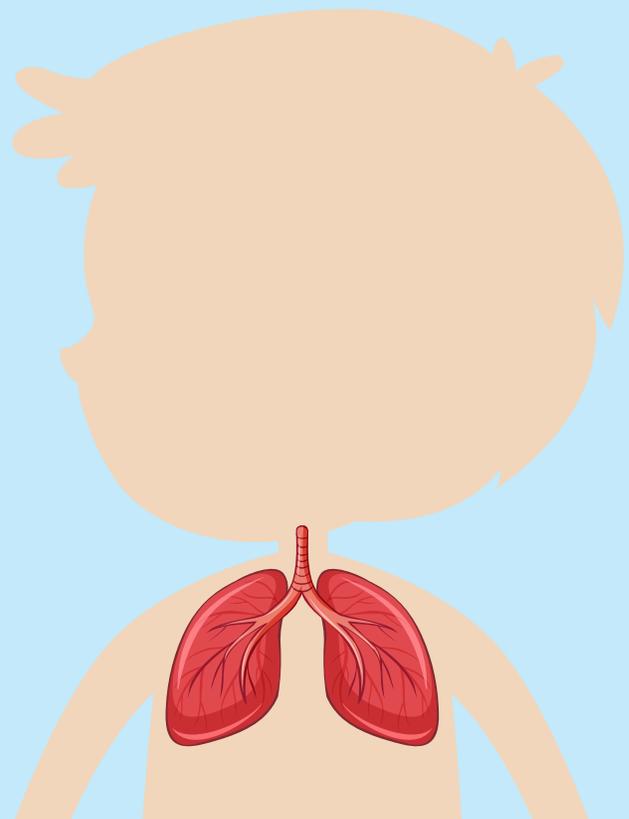


## Signs and Symptoms to Watch for in Children

- Labored Breathing/ Snoring
- Difficulty in School
- Bed Wetting
- Ear/Sinus Infections
- ADD/ADHD
- Restless Sleeping
- Obesity
- Nightmares/Night Terrors
- Aggressive Behavior
- Mouth Breathing/Snoring
- Difficulty with Social Relationships
- Moodiness
- Impulsivity
- Lethargy
- Daytime Tiredness
- Short Attention Span
- Overlapping Incisors
- Chronic Allergies
- Hyperactivity
- Stunted Growth
- Swollen Tonsils
- Narrow Jaw
- High Palate
- Enlarge Adenoids

## Possible Complications of Obstructive Sleep Apnea

- Congestive Heart Failure (heart enlargement)
- High Blood Pressure
- Facial and Jaw Deformities
- Lung Disease
- Growth Hormone Deficiency
- Insulin Resistance and Diabetes
- Diminished Mental Capacity





The good news is, we can improve airways (and our overall health) by breathing properly. Research has shown that the best indicator of lifespan is not diet, exercise, or genetics but rather lung capacity. The bigger the lungs, the longer our lives can be because large healthy lungs permit us to breath in more air in fewer breaths. Try this breathing exercise to help with healthy breathing:

Inhale lightly  
through your nose,  
count to 5 and exhale  
slowly through  
your nose.

Do this for  
several minutes.

Breathing like this will protect your lungs from infection and irritation and will boost circulation to your body and brain.

Stress relief breathing techniques will relax the heart, and the nervous system and respiratory system will move into a state of consistency where everything functions better. Yoga classes are great for adults and children alike to learn breathing techniques which will also help with normalizing blood pressure.



**// When the breath is unsteady, all is unsteady; when the breath is still; all is still. Control the breath carefully. Inhalation gives strength and a controlled body; retention gives steadiness of mind and longevity; exhalation purifies body and spirit. //**

**– Goraksasathakam**

# Benefits of Airway Orthodontics

- **Prevention** – Airway orthodontics helps in preventing flawed facial growth, crooked teeth and disrupted sleep. Early prevention can thwart issues that change our entire body and health, particularly those issues that disturb normal cognitive development in children.
- **Facial Growth** – Our teeth, appearance and breathing passages can be affected by the simple shape of our face. Children receive the benefit of health and aesthetics and most adults can benefit also.
- **Health** – Airway orthodontics is not just about treating the symptoms but rather finding the cause of the symptom and treating it effectively. Inadequate airways can be altered with a change in head posture, which changes the entire body posture, resulting in maintained balance. Gentle orthodontic techniques are used to return you to normal airway breathing.



Controlling bad breathing habits can help with symptoms of depression, anxiety and other disorders including health-related problems. Mouth breathing has also been connected to neurological disorders, periodontal disease and increased risk of respiratory infection.

# Symptoms We Treat

- Obstructive Sleep Apnea
- Mouth Breathing
- Orthodontic Relapse
- Tongue Ties
- TMJ Issues
- Crooked Teeth
- Forward Head Posture
- Abnormal Facial Growth/Development
- Misdiagnosed ADHD

“For breath is life,  
so if you breathe  
well you will live  
long on earth.”

– Sanskrit Proverb

While a great smile is an awesome goal, it should not be your only goal for orthodontic treatment. It can and is your child's best opportunity for a long, healthy pain-free life. Give them the benefit of an introspective, in-depth analysis of their (or your) breathing functions so we can plan for the best treatment. Airway orthodontics can improve overall body wellness and brain function.

With COVID-19 at the forefront of our daily living, along with masks, breathing problems and stress, modern medicine is fully equipped with the wisdom of the past and it is called Airway orthodontics. The remedy is literally right under our noses.



**Are you experiencing  
breathing issues?  
Give us a call.**

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