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Q Why are my teeth looking more crooked with age?



➤ **Dentist Dr Ben Atkins, owner of Revive Dental Care and trustee for the Oral Health Foundation charity, says:** “Tooth drift” with the passing years is common.

Even if you wore braces when you were younger, teeth can move with age, jaw shape can change and gums recede. Crooked teeth can trap food and make cleaning harder, increasing risk of gum

disease or decay. An uneven bite may cause teeth to wear faster and make eating uncomfortable. Patients in their forties and fifties are increasingly opting for braces. There are several options, from the traditional “train track” style to transparent moulds such as Invisalign. Both exert gentle pressure to gradually shift teeth over nine to 18 months. You then maintain your smile with a night-time retainer. Veneers can be a simpler but pricier option (it’s less popular these days, as it involves drilling away the enamel on teeth). Expect to pay at least £450 per tooth. Braces cost from £1,500 – neither are available on the NHS. Speak to your



dentist or hygienist about the best ways to clean and floss your teeth now – your dental hygiene should evolve just as your teeth do. w&h

