



Press Release

FOR IMMEDIATE RELEASE

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National Orthodontic Health Month:

Beyond Straight Teeth: Orthodontic Treatment Improves Overall Health

Austin, Texas - (October 16, 2025) October is National Orthodontic Health Month and the Texas Association of Orthodontists (TAO) is celebrating by highlighting some of the benefits of orthodontic treatment for adults, teens, and kids and encouraging Texans to visit a TAO member orthodontist to get a healthy, brilliant smile.

Orthodontic health goes beyond aesthetic improvement. Well-aligned teeth and jaws, or having a good “bite,” can improve oral hygiene, help with clear speech, improve chewing and digestion, help resolve sleep disorders and snoring, and increase confidence and self-esteem.

Braces and other types of orthodontic treatment are appropriate for people of all ages. The American Association of Orthodontists recommend that **children see an orthodontist (with or without a dentist’s referral) at around age 7**, to get an evaluation and catch issues before they become more difficult to treat. **Adults, even older adults, are also great candidates for treatment.** If you’re having trouble with your bite, take advantage of the free initial evaluation and find out what you can do to get the smile of your dreams.

“Our member orthodontists are highly-qualified professionals with over 4,000 hours of specialized training in moving teeth and aligning jaws,” says TAO president Dr. Ralph Brock II. “As an association, **we want all Texans to understand the importance of**

orthodontic care for their overall health, and to ensure that they get connected with expert orthodontists in their area.”

TAO maintains a **statewide, searchable member directory** that’s available for public use, and uses social media platforms to spread the word about the directory and about the positive impact of orthodontic treatment.

TAO is also committed to **promoting collaboration and networking amongst professional orthodontists all over the state of Texas**. To that end, the association is thrilled to announce its first-ever members meeting next year.

TAO Members Meeting

February 27th, 2026

9:00 AM – 3:30 PM

UT Health Houston - Cooley University Life Center

7440 Cambridge St., Houston, TX 77054

This milestone event will bring together orthodontists from across Texas for a full day of education, collaboration, and connection.!

Featured Speakers are **Dr. J. Martin Palomo**, DDS, MSD, Case Western Reserve University, and **Dr. Sercan Akyalcin**, DDS, PhD, Harvard School of Dental Medicine.

We encourage media to share or reprint information from our website or social media accounts:

Website: [Texas Association of Orthodontists](#)

Facebook page: [@TexasAssociationofOrthodontists](#)

Instagram: [@texas.orthodontist](#)

Videos: youtube.com/texasassociationoforthos

A member of TAO can also be made available for quotes or interviews.

About TAO

The Texas Association of Orthodontists is a professional organization of specialists committed to maintaining the highest standards of orthodontic care for the benefit and well-being of our patients throughout the state of Texas. As an organization, we are dedicated to advocating for our members and providing services that benefit their pursuit of professional excellence.