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Title: Nutrition during Orthodontic Treatment

Abstract:

Nutrition plays a major role from a very early age, not only in the formation of teeth in the maternal womb but also from the moment the teeth erupt and we begin to eat.

This is because digestion starts in the mouth. Thanks to the teeth we will be able to crush the food and carry out this mechanical digestion. Hence the importance of dental structures being in the correct position so that the food bolus can be well formed and the nutrients correctly absorbed.

Also in the digestive process, swallowing plays an important role in this film. The position of the tongue for correct swallowing is crucial. Many times there are myofunctional habits that prevent this from being carried out correctly.

When carrying out an orthodontic treatment, many structures must be remodeled, so it is advisable to choose foods with nutritional value that provide us with the necessary vitamins and minerals to carry out this process.

Biography

Maria Laura Lomanto completed his Bachelor's Degree in Dentistry at the age of 24 years from the University of La Plata in 2008, Argentina. Have completed postgraduate courses in Orthodontics in Argentina, Brazil, Spain, Italy, and the USA. She has a master's Degree in Orthodontics from the CEU Cardinal Herrera University in Valencia, Spain. Is a PhD Student in Dentistry at the University of Valencia. Pursuing a Master's Degree in Precision Nutrition and Genomics. She is the CEO of Laura Lomanto Orthodontics. Lecturer of Advanced Orthodontic Courses in Argentina. she has published papers in journals and has been serving as an editorial board member of SVOA Dentistry in London, England. Member of the American Society for Nutrition, and Society Argentinian of Orthodontics. Has been a Speaker in Congress in New York, Los Angeles, Buenos Aires, and Nicaragua.