After completing this course, the participant will have:
1. A familiarity with how retainer type, sex, age, and body mass may affect the settling of the occlusion after orthodontic treatment.
2. An awareness of the relationship of maxillary posterior root apices with the maxillary sinus in patients according to their age, sex, and skeletal pattern.
3. Knowledge about the long-term relapse tendencies of occlusal characteristics and crowding in both arches.
4. An appreciation for the effects of vacuum-formed retainers after 12 months of wear on periodontal health and retention efficiency.

Article 1: Changes of bite force and occlusal contacts in the retention phase of orthodontic treatment: A controlled clinical trial, by Suzana Varga et al
1. The purpose of this study was to determine whether appliance type affects changes in maximum voluntary bite force and the number of occlusal contacts during retention.
   True  False
2. The maximum voluntary bite force and the number of occlusal contacts were measured at appliance removal, 6 weeks posttreatment, and 10 weeks posttreatment.
   True  False
3. The authors reported that in male subjects the number of occlusal contacts with the wraparound retainer reached the level of the controls after 6 weeks, whereas in female subjects this did not happen even after 10 weeks.
   True  False
4. The authors concluded with the following observations: settling of the occlusion takes longer in female subjects and when Essix appliances are used in both arches.
   True  False

Article 2: Differences in distances between maxillary posterior root apices and the sinus floor according to skeletal pattern, by Lan-Anh Nguyen et al
5. The aim of this study was to evaluate the distances from the maxillary posterior root apices to the inferior wall of the maxillary sinus using cone-beam computed tomography images and the relationships between roots and maxillary sinus according to age, sex, and skeletal pattern.
   True  False
6. The sample comprised 55 male subjects and 63 female subjects with a mean age of 17 years.
   True  False
7. The authors reported that more than two thirds of the maxillary posterior roots had contact with the sinus floor.
   True  False
8. The authors reported that the distances between root apices and the sinus floor were shorter or more protruded into the sinus in subjects with a hyperdivergent facial pattern and a large gonial angle.
True
False

**Article 3: Relapse of anterior crowding 3 and 33 years posttreatment, by Karina Maria Salvatore Freitas et al**

9. The aim of this study was to evaluate the relapse of occlusal characteristics and maxillary and mandibular crowding 3 and 33 years postretention.
True
False

10. The authors evaluated dental casts of the sample using the Little irregularity index and the Peer Assessment Rating.
True
False

11. The authors reported that the occlusal characteristics and the maxillary anterior crowding had significant relapses in the short term and remained stable from the short-term to the long-term postretention stages.
True
False

12. The authors concluded that mandibular crowding significantly decreased with treatment, showed a significant relapse in the short term, and remained stable from the short-term to the long-term postretention stages.
True
False

**Article 4: Effects of vacuum-formed retainers on periodontal status and their retention efficiency, by Muhsin Çifter et al**

13. The objectives of this study were to evaluate the effects of vacuum-formed retainers on periodontal tissues and the retention efficiency compared with Hawley-type retainers.
True
False

14. The sample comprised 21 patients in the test group and 19 patients in the control group.
True
False

15. The authors observed that 12 months of vacuum-formed retainer wear resulted in a slight periodontal attachment loss without gingival inflammation or gingival recession.
True
False

16. The authors concluded that vacuum-formed retainers used for 1 year are effective in retaining the treatment results.
True
False