

# Curriculum vitae

## Kurzbiografie

### Dr. med. dent. Christoph Moschik

- **2006 – 2014** Studium der Zahnmedizin in Graz, Österreich
- **2015 – 2018** Vollzeit Ausbildung in Kieferorthopädie an der University of California, Los Angeles (UCLA)
- **2018** American Board of Orthodontics Zertifizierung
- **Seit 2020** in eigener Praxis „relax & smile“ in München
- **2021** Gründung der Logopädie-Praxis „relax&smile“ zur integrativen Therapie
- **2022** Buteyko-Trainer Zertifizierung
- **Seit 2022** Member of the Pierre Fauchard Academy
- **Seit 2023** Affiliate Member of the Edward H. Angle Society, Southern California Component
- **Seit 2023** Gründung des mykie® München-Süd Netzwerks

## Short Bio

### Dr. Christoph Moschik, DDS, MSc

Dr. Christoph Moschik did his dental training at the Medical University of Graz (Austria) and his 3-year specialty orthodontic training at the University of California, Los Angeles (UCLA) under supervision of Dr. Won Moon. Dr. Moschik graduated from UCLA in 2018 and is an diplomate of the American Board of Orthodontics. During his training his focus was on MSE treatment and he researched about its effects on the maxilla, nasal cavity and breathing functions.

He currently lives in Munich, Germany and works full time in his own private practice “relax & smile®”.

Dr. Christoph Moschik absolvierte seine zahnmedizinische Ausbildung an der Medizinischen Universität Graz (Österreich) und seine dreijährige Fachausbildung in Kieferorthopädie an der University of California, Los Angeles (UCLA) unter der Aufsicht von Dr. Won Moon. Dr. Moschik schloss sein Studium an der UCLA im Jahr 2018 ab und ist Diplomat des American Board of Orthodontics. Während seiner Ausbildung konzentrierte er sich auf MSE-Behandlungen und forschte über deren Auswirkungen auf den Oberkiefer, die Nasenhöhle und die Atemfunktionen. Er lebt derzeit in München, Deutschland und arbeitet in seiner eigenen Privatpraxis "relax & smile®" in Vollzeit. Seit 2023 ist die Praxis mit der integrierten Logopädie auch Teil des mykie®-Netzwerks.

## Course description

In this course the treatment with MSE will be described in detail. This new technique expands the scope of non-surgical treatment options, helps to control difficult cases and improves the quality of treatment in adults with transverse maxillary deficiency. Additional functional benefits on breathing and maxillary protraction in adolescents are currently under investigation and a peak-preview on preliminary study results will be presented.

### Learning outcomes:

- Which cases qualify for MSE treatment

- How to determine the amount of expansion
- How to position the MSE on the palate properly: the analog and digital way
- What are the contraindications for MSE treatment
- How can the MSE be used to manage challenging cases
- Peak-preview on the possible functional and orthopedic effects of MSE treatment.

**MCQ:**

1. Which of the following is a sign that MSE expansion is failing?
  - a. Tipping of the miniscrews
  - b. Bending of the MSE appliance
  - c. Tension and short sensation of pain in the zygomatic areas after activation
  - d. Buccal tipping of the molars
2. A CBCT scan is mandatory for MSE treatment
  - a. YES
  - b. NO
3. What are the things to consider when positioning the MSE? (More than one correct)
  - a. The MSE jack-screw should be perpendicular to the midpalatal suture.
  - b. The MSE should be as close to the palatal mucosa as possible.
  - c. The MSE should be always positioned as posterior as possible.
  - d. The MSE can be tilted to allow for a larger jack-screw to be placed.
4. Which area of the midface undergoes the most bone-bending and tension during expansion?
  - a. Nasomaxillary suture
  - b. Frontal process of zygomatic bone
  - c. Zygomatic process of maxilla
  - d. Lateral pterygoid plates
5. What is the minimal retention time of the MSE after expansion to allow for bone stability?
  - a. 1 month
  - b. 3 months
  - c. 6 months
  - d. 12 months