

YOUR HEALTH FOR GROWN-UPS

Healthy advice: Dr. Maria McMullen gives a guided tour of a trip to the dentist — and a free toothbrush.

Page 3C



A NOTE TO ADULT READERS

Braces are becoming more and more common, and kids are getting their teeth fixed at younger ages. That's why we thought we'd give kids the lowdown on orthodontics. Use this as a guide to help your child feel more comfortable with the process, or use it to help them understand their friends' new braces. Going to the orthodontist can be pretty scary, and according to Dr. Daniel Cousineau, most kids are scared it will hurt. But, he promises, an over-the-counter painkiller will help the child through any braces-pains, and the child will eventually get used to the braces. And best of all? "There are no shots." Here's to a brighter smile and a healthier mouth. —Jim, Kim and Stacy

Kid's HEALTH QUIZ

How many teeth do humans have?

- A) 20, all permanent teeth
- B) 36, 18 baby teeth and 18 permanent teeth
- C) 52, 20 baby teeth and 32 permanent teeth

Answer below

The Monroe Evening News
Your Health

A kid's guide to staying healthy, fit and safe

section **C**
THE MONROE EVENING NEWS
TUESDAY
JUNE 14, 2005

Stacy Kess, health editor
phone: 240-5762
e-mail: stacyk@monroenews.com

for kids

the dentist? **Answer:** To get a root canal.

Question: What did the judge say to the dentist?

Answer: Do you swear to pull the tooth, the whole tooth and nothing but the tooth? **Question:** What has teeth, but can't eat? **Answer:** A comb. **Question:** Why did the king see the dentist? **Answer:** To get his teeth crowned. **Question:** What's a dentist's favorite part of a Twinkler? **Answer:** The filling.



— Evening News photo by KIM BRENT

Thirteen-year-old Tyler Baker has had braces for 2 years. His elastics are the school colors for Airport Junior High School, where he is finishing the 8th grade.

METAL MOUTH

Braces aren't just for a pretty smile

Are your teeth crooked? Are your top teeth not meeting your bottom teeth just right?

Has your dentist told you recently to see an orthodontist?

Then you might be heading for braces, a system of tools used to straighten out crooked teeth and make your bottom teeth and top teeth meet in the right way. Food and bacteria get stuck between crooked teeth, which are much harder to clean. And an overbite—top teeth that come out much farther than the bottom teeth—and an underbite—bottom teeth that come out farther than the top teeth—can make it tough to chew properly.

Braces can fix that with brackets attached to your teeth, elastics and a metal band, not to mention retainers and all sorts of gadgets. The orthodontist might even have you wear something that goes around your head.

Elastics come in lots of colors. Dr. Daniel Cousineau, an orthodontist, said you can have any colors you want, but "in this office we do not offer Ohio State colors."

He said, braces might hurt for a few days after you first get them or after the orthodontist makes adjustments and that kids with braces aren't supposed to eat gooey, sticky things like toffees and caramels or hard candy. You might even have to change the way you floss to get around those metal bands, but when the braces come off and leave you with a picture-perfect smile, it will be all worth it.



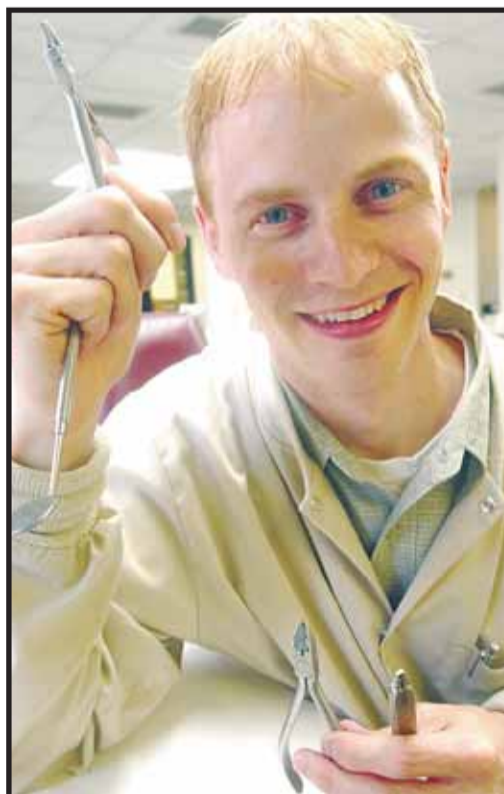
Just what is an orthodontist?

Dr. Anthony Laboe's an orthodontist.

He's a dentist—a very special type of dentist. It's his job to fix your teeth so the top row and the bottom row line up and the teeth are straight, making for a healthier, happier mouth.

An orthodontist will help you learn to live with braces or other instruments he or she might use to straighten your teeth.

If you have questions, if something hurts or if you're scared, talk to your orthodontist. The orthodontist is there for you and your teeth.



Do you wear braces? If so, you're one of about 4,000,000 people who are wearing braces right now, according to www.orthodontics.org, an Web site with tons of information about wearing braces.

Try this

Brushing and flossing aren't just for kids with braces. All kids should keep their teeth clean.

Twice a day:

1. Put about a pea-sized blob of toothpaste on your toothbrush.
2. Place the toothbrush against the teeth so that it angles slightly to the gums.
3. Make small circles with the toothbrush, working the bristles in between your teeth.
4. Brush the fronts of your teeth. Brush the tops of your teeth. Brush the backs of your teeth.
5. Brush your teeth for about three minutes, or about as long as it takes for an egg timer to go off.
6. Cut a long piece of dental floss.
7. Gently work the floss between each tooth and the neighboring tooth.
8. Rub the floss on the side of the tooth.

KIDS HEALTH QUIZ Answer: C