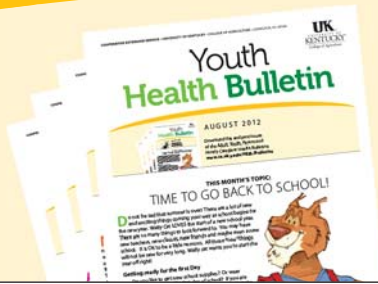


# Youth Health Bulletin



FEBRUARY 2014

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Atchison County Office  
405 Main/PO Box 109  
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913-833-5450

## THIS MONTH'S TOPIC: BRACES



**W**ally Cat noticed that some of his friends were getting braces. Do you know anyone who has braces? Perhaps you even have braces yourself! Braces may be exciting for some kids, but others may dread having to get them on their teeth. Did you know that braces will help you to have a bigger, brighter and better smile?

Many kids do not have teeth that are perfectly in line with one another. Teeth do not always grow in straight. For others, the top part of the mouth, or the upper jaw, may be a different size than the bottom part of the mouth, or

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# Braces are put on to help straighten teeth. This happens because braces put a slight, but steady pressure on the teeth.

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lower jaw. When a dentist sees these differences in the mouth, the dentist may suggest getting braces.

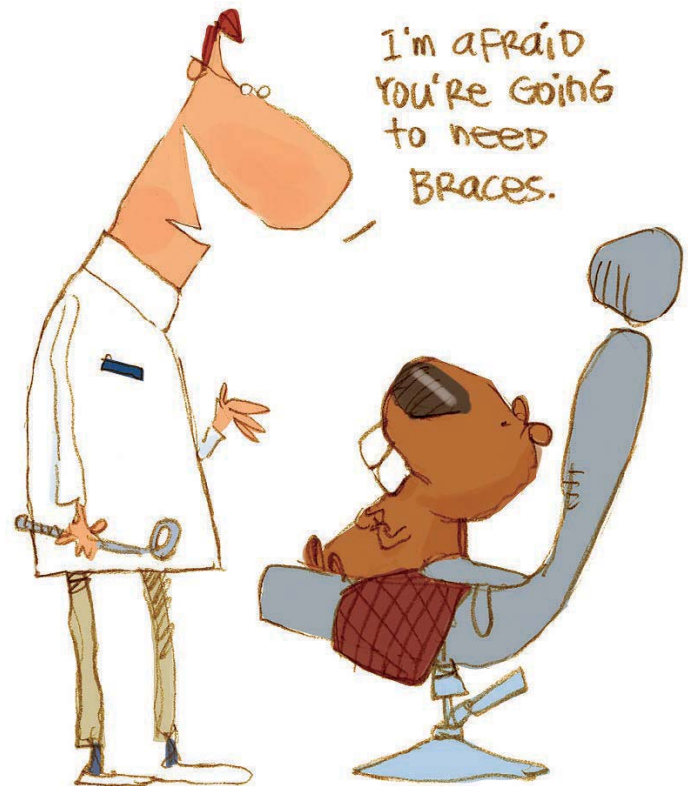
There are different types of braces. If you have a parent that had braces when they were a child, have them tell you about them. Braces used today are less noticeable. In fact, some braces are the color of your teeth. Even if you will be getting metal braces, the wires used are smaller than they used to be. There may also be different color rubber bands used with braces. If you are getting braces, you may be able to use rubber bands in your favorite color!

## How do braces work?

Braces are put on to help straighten teeth. This happens because braces put a slight, but steady pressure on the teeth. The wires help move your teeth. You may need rubber bands to help the upper and lower jaw line up with each other correctly.

People wear braces for different lengths of time. It is common for kids to wear braces for about two years, although some might need them for less time and some might need them for a longer time.

Having braces may mean you have to avoid eating some foods like sticky candies and gum. Soda may also be a problem because the sugar may get stuck around your braces and stay on your teeth. That may cause cavities on your teeth. You may also have to cut up some foods, such as apples, instead of eating them whole, or take the corn kernels off of corn on the cob before you eat it.



## Life after braces

Once the braces are removed, taking care of your newly straightened teeth is important. You may have to wear a retainer to keep that smile in shape. A retainer will be made for you and only you. It will be important to wear a retainer as you are told by the orthodontist.

Braces may not always be fun to deal with, but they are important to help you have the best smile possible!

### SOURCE:

- Nemours KidsHealth. Braces. Accessed on Dec 30, 2013 from: [http://kidshealth.org/kid/grow/body\\_stuff/braces.html](http://kidshealth.org/kid/grow/body_stuff/braces.html)
- Joke quoted from: [http://www.funnp.com/jokes/10\\_funny\\_jokes\\_about\\_braces.html](http://www.funnp.com/jokes/10_funny_jokes_about_braces.html)



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Health Bulletin

Written by: Nicole Peritore  
Edited by: Connee Wheeler  
Designed by: Rusty Manseau  
Cartoon illustrations by:  
Chris Ware (© University  
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