

SUGAR PUFFS



FOR THE LADIES

NEWS OF WOMEN

NEWS FOR WOMEN

Something To Smile About!

(NAPS)—Women may claim that they are not getting any younger, but those with healthy smiles are not as likely to show their age. Traditionally, women have been one of the driving forces behind orthodontic treatment. The 1990s woman continues to be an active supporter of orthodontic treatment for her family, and, equally important, for herself. According to the American Association of Orthodontists (AAO), nearly seven out of ten adult orthodontic patients are women.



significant improvement to any lifestyle. The AAO recommends that anyone interested in orthodontic treatment consult an orthodontic specialist or ask the family dentist for a referral to an orthodontist.

For the names of AAO-member orthodontists in this area, or for more information about orthodontic treatment for adults, call 1-800-STRAIGHT.

even tooth loss. Orthodontic problems also may result in difficulty chewing, abnormal wear of tooth surfaces, and damage to supporting bone and gum tissue.

Orthodontic treatment also is initiated for emotional well-being. Research has shown that adults who believe their teeth are unattractive may suffer from a lack of self-esteem and confidence, which can interfere with daily communication. For example, adults who feel unattractive may cover their mouths when speaking and may feel overly self-conscious in social situations.

Wearing braces doesn't have to make one self-conscious about a "tin-grin." Today's braces have matured considerably. Braces are now smaller than those of the past and bonded directly to the tooth — making them less noticeable and easier to keep clean. It's even possible to avoid the "tin-grin" altogether with clear or tooth-colored braces that blend in with the teeth.

Orthodontic treatment is a

Self-improvement, or a more pleasing appearance, is the primary motivation cited by women currently undergoing orthodontic treatment. Now, more than ever, women are choosing orthodontics as a means to improve their smile and overall appearance. The reward of orthodontic treatment — a beautiful, healthy smile — makes many women look and feel their best. "Women who sense they look better usually feel better about themselves," says Dr. Harry Ryburn, an AAO spokesperson. "Improving your smile is an invaluable self-improvement."

The increased interest in health and fitness is another reason more adult women are opting for braces. "More women are realizing that good oral health is a complement to their appearance," says Dr. Ryburn. "Even more, orthodontic treatment results in an improvement in an individual's general health and well-being."

Orthodontic problems that were not treated in younger years can seriously affect oral health. Crooked or crowded teeth, for instance, are difficult to clean properly and may contribute to tooth decay, gum disease and

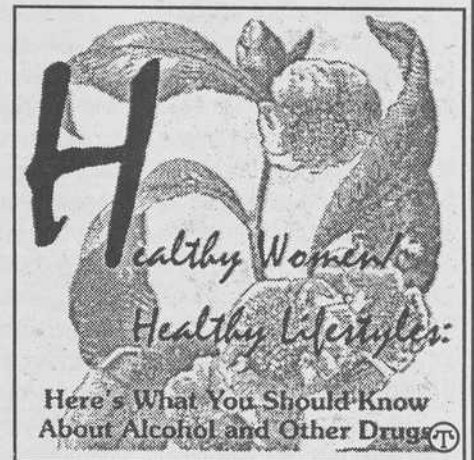
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Women At Risk For Health Problems

(NAPS)—According to a free booklet offered by the Substance Abuse and Mental Health Service's Center for Substance Abuse Prevention (CSAP), women are at especially high risk for health problems caused by alcohol, tobacco and other drugs. For example, rates of lung cancer, associated with chronic smoking, increased among women more than sixfold between 1950 and 1990.

According to CSAP, alcohol physically affects women differently than men. Because women have less water in their bodies, alcohol is less diluted and has a greater impact. Women also metabolize alcohol less efficiently, making them even more vulnerable to its effects. And late stage complications of alcoholism, such as liver damage and hypertension, can develop much sooner and with much less alcohol intake.

Substance abuse jeopardizes the health of a pregnant woman and her unborn child, and has other ramifications as well. It is associated with spousal abuse, child abuse, and rape. Sex under the influence



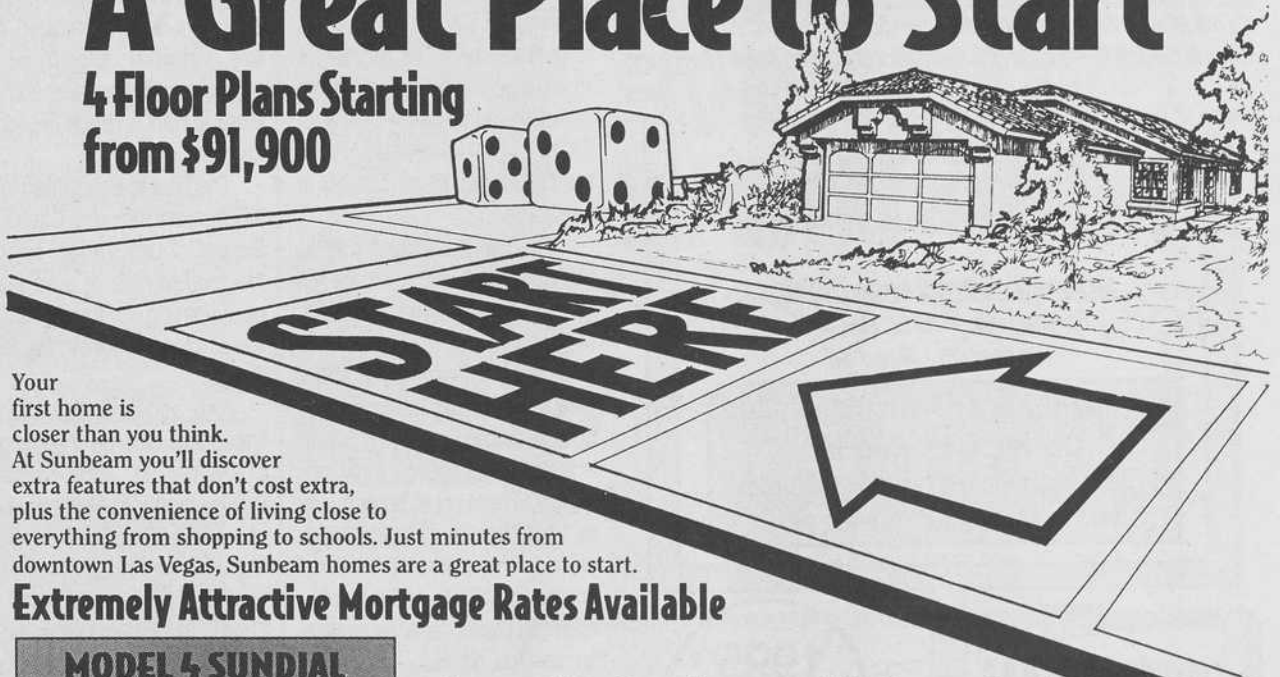
Free booklet offers help for women's health concerns.

can lead to sexually transmitted diseases, including the AIDS virus.

The free booklet, **Healthy Women/Healthy Lifestyles**, provides healthy suggestions and information about substance abuse prevention. The booklet is available from the National Clearinghouse for Alcohol and Drug Information, a service of CSAP. For free copies call 1-800-729-6686 or write to NCADI, PO Box 2345, Rockville, MD 20847-2345.

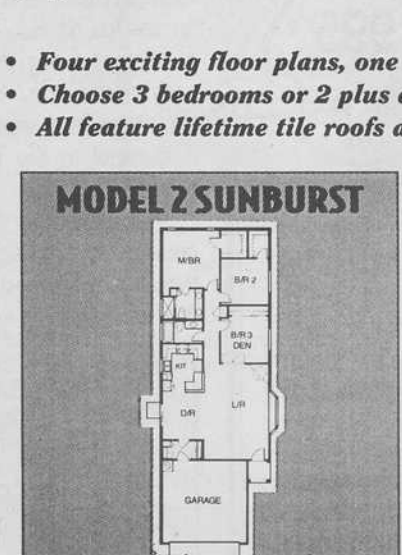
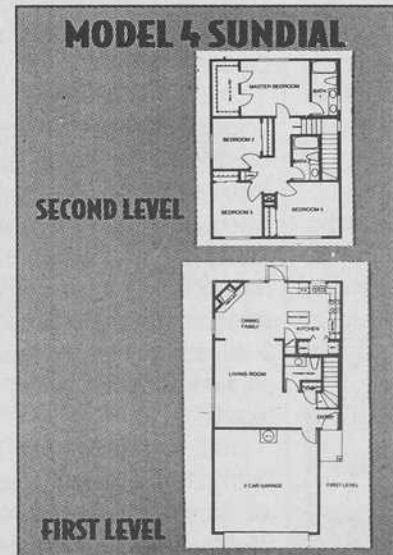
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