



Beyonce shows off her braces with pride!

braces? who **hasn't** had them?



Miley Cyrus is proud of her winning smile—complete with braces

If you're a young person or teenager who has been told that you need to get braces, this news may at first be somewhat daunting. However, it's reassuring to know that you're in good company, and that a whole host of renowned celebrities have been through the same experience.

Alternatively, you might be an adult who is suffering from mouth and jaw problems, or it may simply be that as you get older, you want to improve the quality of your smile. You too may very well be surprised by the number of actors, models and people in the public spotlight who have likewise chosen to have braces as adults

braces for children and teenagers



There are many famous people—actors, models, singers—who had braces in their younger years. Dakota Fanning (left) and Emma Watson had braces as teenagers—have a look at them now, and judge for yourself if they made the right decision!

When young people are advised that they need braces, it's usually to address problems such as having crooked or crowded teeth, or problems with your bite (how your teeth line up when you close your mouth or chew) caused by the alignment of your jaw. A misaligned jaw can also make it harder to brush your teeth and maintain good oral hygiene, and so correcting this when you're young can help you to prevent tooth decay, cavities and gum disease as you get older.

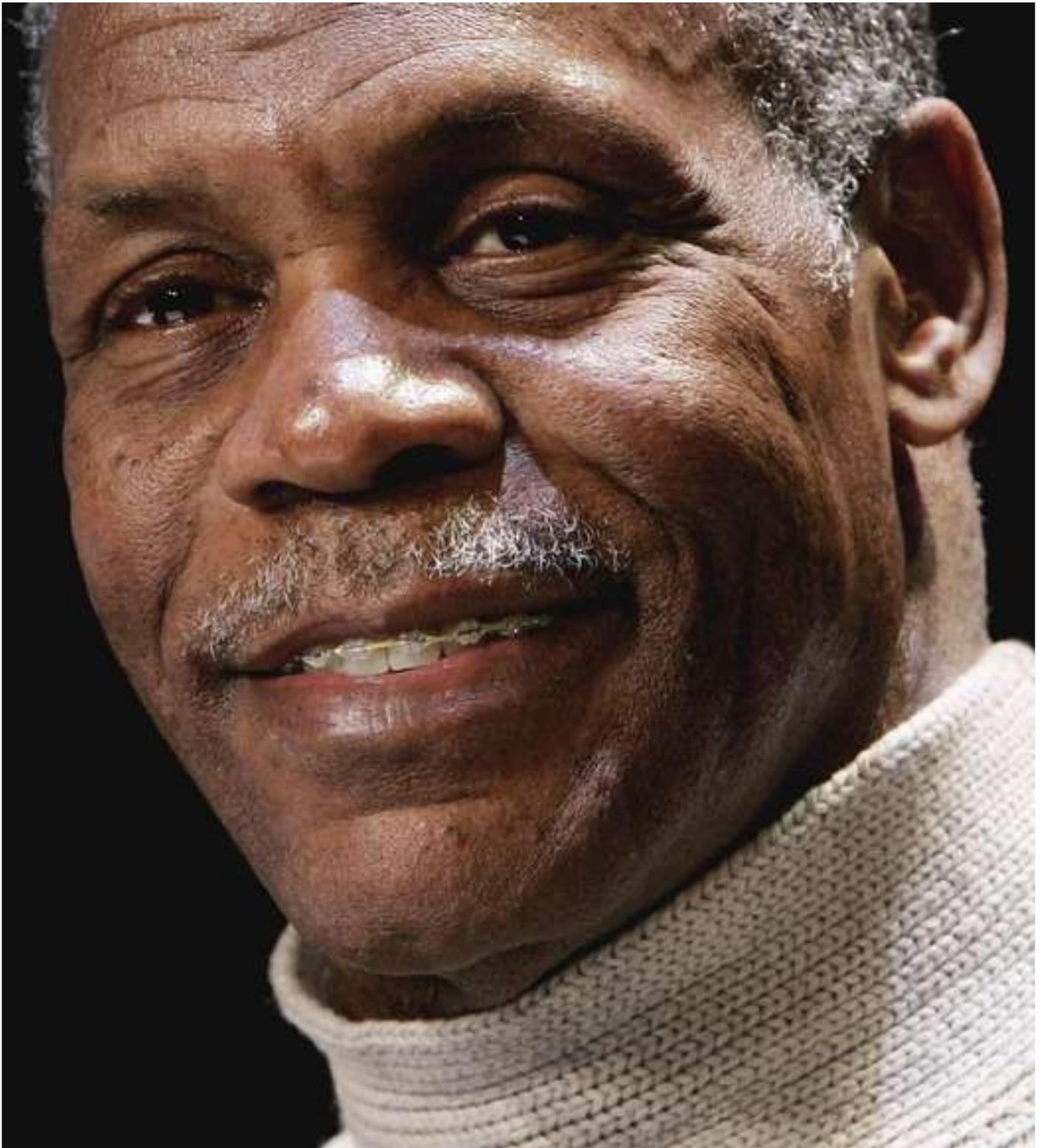
Often these problems occur in young people when your baby teeth fall out and are then replaced by adult teeth. These adult teeth may not grow in at the correct angle, are twisted and crooked, or badly crowded because your mouth is too small. This is why the teenage years are often the ideal time to get braces, because at this age your head and mouth are still growing, which means braces can do their job most effectively. However, it is not uncommon for people to have braces much younger than this.

Braces straighten your teeth because they remain in place for some time and so exert steady pressure on your teeth, positively affecting their alignment and spacing. Your orthodontist will continue to adjust your braces during the time that you have them, to ensure that this gentle pressure remains sufficient for your teeth to be correctly aligned.

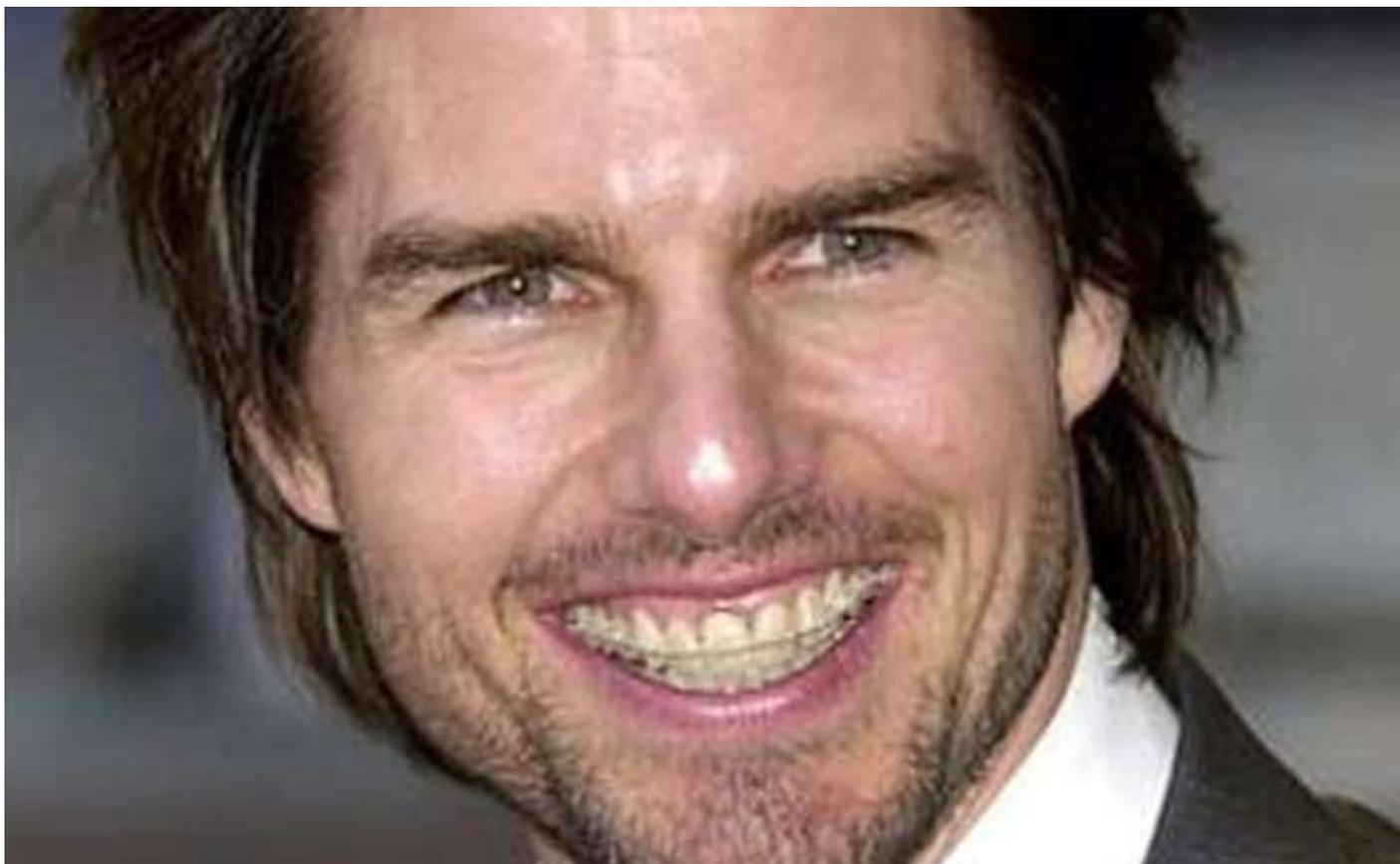


Look closely—you can get a glimpse of Myleen Klass' lingual braces on the inside of her teeth

braces for adults



Danny Glover showing that adults—even those of more advanced years—can benefit from braces. He also proves that you can look good, too!

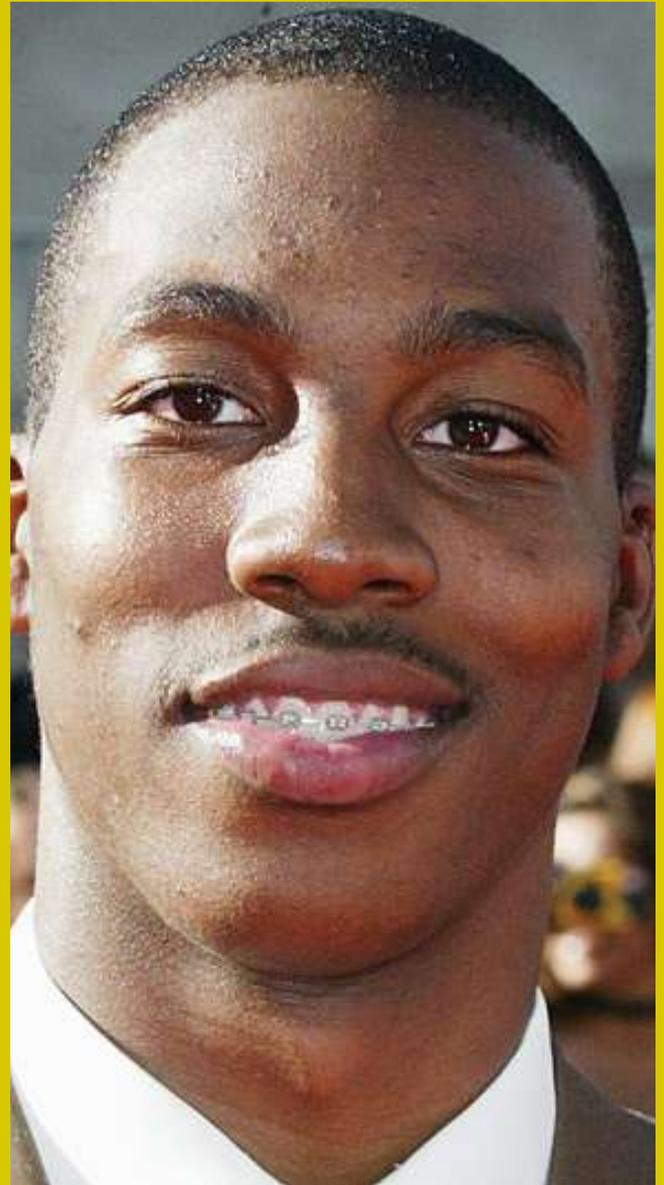


Tom Cruise famously had braces fitted in 2002—it doesn't seem to have done his career any harm...

While it's true that most people get braces when they are in childhood, there is an increasing number of adults who choose to get braces later in life. It may be that you want to improve your smile, or are having problems with your bite, which is causing you problems with speaking, breathing, or chewing which can in turn make it more difficult to maintain good oral hygiene. Alternatively, you may be suffering from TMJ (temporomandibular joint) headaches. If any of these are the case, then braces might offer you a solution, irrespective of your age.



The epitome of glamour, Faye Dunaway had her braces fitted when she was in her 60s, and she still manages to look as beautiful as ever



It's not just movie and music stars who get braces as adults—leading NBA player Dwight Howard got braces at the height of his fame

types of braces

There are different types of braces available—your orthodontist will be able to advise you as to which is most suitable for you.



Metal braces are the most familiar type of braces, and consist of stainless steel brackets bonded to the teeth, and exert pressure on the teeth with wires.

Gwen Stefani certainly seems pleased with hers!

Clear ceramic braces, often a popular choice with adults, are almost clear and less obvious than metal braces, while functioning in much the same way.

Country singer Faith Hill famously showed off her braces to the world at the Grammy Awards



Prince William isn't angry—he just wants the world to see his lingual braces!

Lingual braces work in a similar way to metal and ceramic braces, except that they have brackets that attach to the back, rather than the front, of the teeth and so are almost impossible to see.

Invisalign braces are not braces in the traditional sense, but rather consist of custom-made aligners made from smooth, transparent plastic. These are worn over the teeth and are replaced roughly every two weeks.

Justin Bieber is beloved by teenage girls around the world for his smile—with or without his braces



see your orthodontist

If you are considering braces, irrespective of your age, it is important to consult an orthodontist. Your family dentist will be able to refer you, but this is not necessary—as orthodontists are primary health care professionals, you can visit one without a referral from a general dentist. The extensive and specialised training that Australian orthodontists undertake means that they are the best qualified and most experienced practitioners to deal with problems associated with the alignment of teeth and jaws.



Orthodontic Network in Adelaide (ONiA)

South Australia's biggest
orthodontic network

3rd Floor
Bagot House
198 North Terrace
Adelaide SA 5000

Ph: 08 8227 0336
Fax: 08 8227 1626

info@onia.com.au

www.onia.com.au

