

## Healthy Smile, Healthy Self-Esteem For Teens

(NAPSA)—It's no secret that enduring up to two years of metal mouth to straighten teeth can take its toll on someone. Especially if you're a teenager. Dr. Gilda Carle, self-esteem expert and author of teen guide *He's Not All That! How to Attract the Good Guys* says "Unfortunately, a teenager's self-esteem often centers around looks. Wearing metal braces can make kids feel self-conscious and unattractive during a highly stressful time of their lives."

A new orthodontic health breakthrough system, Invisalign®, is helping teenagers put their "best face" forward. Invisalign makes straightening teeth, for an attractive smile, less noticeable and more comfortable because there are no unsightly wires, brackets or bands like with traditional braces. Invisalign, from Align Technology, is a revolutionary new orthodontic treatment that uses 3-D computer imaging technology to straighten teeth using clear, plastic, nearly invisible, removable "aligners."

New Yorker, Brittany F. Slattery, 15, has worn "aligners" since May 2000. She says, "I would be embarrassed to wear braces." Slattery's not alone. Lauren R. Goldenbert, New York City, 16, says, "I had braces before and I didn't want them again because I didn't want metal-mouth again. But these (aligners) are nice because people have not been able to see them."

Teen expert Dr. Gilda says one of the unique aspects of teen cul-



ture is the interaction and importance of peers. "Teens look at their friends and say 'I know how self-conscious Susan was when she wore braces and I don't want to go through that.'"

Dr. Adam M. Goodman, of New York City, also thinks Invisalign is a great addition to his practice and a viable option for teenagers who have their second molars fully grown-in. Goodman says, "It's wonderful to offer teens an aesthetic alternative to wires and brackets. Also, I find this system is more hygienic and helps maintain healthy gums and teeth because "aligners" are removable for brushing and flossing."

To learn about the Invisalign system or find an Invisalign-certified orthodontist, visit [www.invisalign.com](http://www.invisalign.com) or call (800) INVISIBLE.