applauded to the program, found out that Carrie met the Smiles Change Lives guidelines, and got Carrie assigned to a wonderful orthodontist near us for a very reasonable price."

With more than 900 immediate openings nationwide, SCL is a national nonprofit organization that connects caring orthodontists with children in need.

With nearly 400 orthodontic providers, and more joining each day, SCL is seeking applicants who meet the following criteria:

• Ages 11–18 with good oral care.
• Family income at or below 200 percent of federal poverty level.
• Crooked teeth and/or misaligned jaws.

“We’re not a family that takes handouts, and we’re thankful that we still have our jobs. But with pay-cuts and several kids in the house, we couldn’t afford braces for Carrie. Smiles Change Lives was the miracle we needed to help Carrie find her true smile,” adds Carrie’s mother.

When asked how she would celebrate Valentine’s Day this year, Carrie remarked, “Well, I’ve got a date to the Sweetheart Dance for the first time. I can’t wait to pose for the pictures and show off my perfect teeth!”

Finally, we found a program to Carrie’s family.

"It was almost too good to be true. Finally, we found a program that helps working families trying to make ends meet," shares Shelby, Carrie’s mother. “We

brush and floss your teeth at least twice a day. Remember to brush the tongue, cheeks and the roof of the mouth.

Chew sugar-free gum after meals to wash away food particles that get stuck between teeth and cause bad odors.

"If these methods don’t alleviate bad breath, members of the public should make an appointment with a general dentist to determine its source,” says White.

“If your dentist believes that the problem is caused internally, such as an infection, the dentist may refer to a family physician or a specialist to help remedy the cause of the problem.”

The AGD has made these and many other oral health tips available on its website for the public, located at www.KnowYourTeeth.com. This site is the AGD’s source of consumer information on dental care and oral health.

Its goal is to provide reliable information in a format that is easy to use and navigate, and to provide tools that will help consumers of all ages to care for their teeth and other aspects of oral care.

The site answers important dental health questions, offers the latest information on current dental treatments and tips for first-rate oral hygiene and can help visitors find qualified dentists near where they live or work.

(Source: Academy of General Dentistry)