



A winning smile

Imagine never being able to close your mouth, not even when eating.

Whilst growing up Eva Hulme's teeth seriously affected her self-confidence and her ability to make friends at school. She suffered shocking humiliation because of her teeth and was bullied throughout both primary and secondary school. On one occasion, as Eva recounts, "whilst out with my mum, a group of girls waited outside a shop for us and began chanting 'teeth, teeth, teeth' at me. This kind of thing happened weekly no matter who I was with".

Things got so bad that she would dread leaving the house and avoided going out where possible, since wherever she went people would stop and stare. She could not even bare to look at her own reflection and found eating in public to be a very traumatic experience as she could not chew with her mouth closed. The appearance of her teeth was so much of an issue that she would always turn down invitations to go over to friends for tea, and eventually the invitations stopped.

This is the devastating problem that Eva experienced for most of her youth. Eva first visited an orthodontist at only three years old, as her dentist was concerned about the prominence of her teeth and upper jaw. Despite having her first brace in 2001 to help align her teeth at the very early age of seven years, they remained very prominent and she could not close her mouth. The real problems started



as her second teeth came through. Her upper front teeth protruded at an angle of 44 degrees, 11 mm in front of her lower teeth and her appearance was worsened by her extremely short upper lip which meant her gums were always visible. Her teeth gave the appearance of being oversized; so much so that on one occasion, a stranger asked her, as a serious question, where she had got her fake teeth from.

Now 16, this young woman's journey to achieving a smile which has turned her life around, has won her first prize in this national competition.

Eva's orthodontist, Dr Jonty Meisner, began treating her at a much younger age than is normally recommended because he could see how seriously Eva's teeth were affecting both her psychological well-being and her overall health. As he explains, "it was important to improve her appearance but also to reduce the risk of further trauma, as her protrusion meant that she would often bang her teeth".

Prom smile

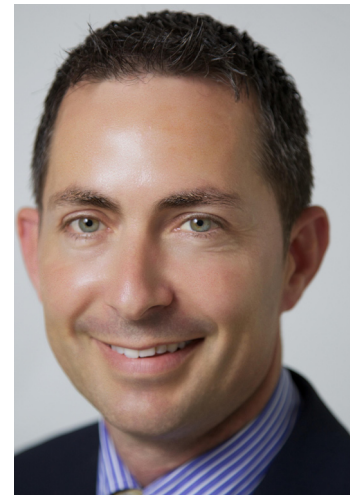
Eva's braces were removed in the nick of time – Dr Meisner promised that she would be able to show off her new smile at the school prom and she did! She is now often complimented about how great her teeth look. They have completely turned around her confidence and she is, for the first time in years, happy to smile and show off her teeth. She can also put some perspective on the occasion when her passport photo was sent back because her mouth was open in it!

Psychologist Professor Tim Newton, one of the judges of the competition, summed up his feelings: "Eva is rightly proud about her new teeth and the confidence she has gained as a result. Her case underlines the important effect orthodontic treatment can have psychologically as well as to physical wellbeing".

Sara Wallis, another one of the judges, added "Eva's

Against the Odds was created to illustrate the power of orthodontic treatment to change lives. The competition was conceived by the Orthodontic Specialists Group of the British Orthodontic Society (BOS). The BOS represents the dental specialty of orthodontics - the science and art of correcting irregularities of the teeth, bite and jaws. The entries to the 2010 competition were judged by Professor Tim Newton, Professor of Psychology as Applied to Dentistry, and Head of Oral Health Services Research at the King's College London Dental Institute, Sara Wallis, feature writer of the Daily Mirror, the Chief Executive of the BOS, Dr Les Joffe, and Professor David Bearn who is Professor of Orthodontics at the University of Dundee.

story from bullied schoolgirl to confident young woman illustrates how tough it can be to be ostracised by your appearance and the massive benefits modern orthodontic treatment can achieve".



Eva was treated by Dr Jonty Meisner, Principal Orthodontist at Lakeside Orthodontics in West Kirby. She won £750 worth of travel vouchers thanks to the support for the competition from SDS Ormco, whilst Dr Meisner was awarded a trophy from the British Orthodontic Society.



Never too old

From the age of 10 onwards there is not one single photograph of Carole Clark smiling.

As Carole, a hospital admin assistant explains: *"I absolutely hated my teeth so just closed my mouth to hide them. I was always the one who stood at the back in group photographs or just refused point blank to have my photograph taken. In my job I have to see a lot of reps and speak to a lot of doctors. I always spoke to them with my hand over my mouth embarrassed by my teeth".* So it is hard to believe that Carole's smile has won her a prize in the Against the Odds competition.

Despite an acute awareness from an early age of how uneven and crooked her teeth were, and of how much of a damaging impact her teeth were having on her psychological well-being, Carole held off having any orthodontic treatment until she was in her forties. The

idea of being photographed made her wedding day in 1986 less enjoyable. As she remembers: *"I was filled with dread at the thought of having all these photographs taken. When I received them all I could see was my disgusting teeth, not the beautiful dress that I was wearing or the lovely veil".*

Pearly white wedding

Carole decided to take steps to improve her teeth in 2008 when specialist orthodontist Dr Joe Dwyer reassured her that she was not too old to have braces.

Carole describes the changes she saw in just the first few months of treatment as being *"unbelievable, it was like watching a miracle happen".* When she finally had her braces taken off, she was so overcome with emotion by how beautiful and straight her teeth now looked that she burst into tears of happiness and kissed everyone in the room!

With a smile she can be confident about, Carole's



personality has been completely transformed. From always avoiding the camera she is now the first in front of it! Soon after completing her treatment, her husband surprised her on Christmas Day by asking her to marry him again. They renewed their vows on their 25th wedding anniversary in July 2011 and Carole can't wait to finally have wedding photographs that she can be proud about, showing off her beautiful teeth with the biggest, widest smile!

Psychologist Professor Tim Newton, one of the judges of the competition, comments that Carole should be

commended on taking the decision to have orthodontic treatment: *"Her case shows that you are never too old to have orthodontic treatment and that braces are not just for young people. Her greatly improved smile exemplifies the benefits of orthodontic intervention at whatever age".*

Carole's specialist orthodontist was Dr Joe Dwyer who practices at Sunlight Orthodontics in the Wirral.

Carole won a Philips Sonicare FlexCare toothbrush – a top of the range electronic sonic toothbrush with built-in UV sanitiser.

Facing the future



For 16-year old Paisley Laws having braces was not the only challenge she faced when she started her course of orthodontic treatment.

Paisley has Cerebral Palsy, a condition which affects movement, posture and co-ordination. In Paisley's case the condition affects her lower limbs, and balance. Despite having two operations

to improve her walking whilst going through her course of orthodontic treatment she persevered with her braces as she said *"every visit was worth it".* Prior to having braces Paisley's upper teeth and jaw protruded over her lower jaw. She was very conscious of her teeth and hated how they looked. Her new straight teeth and stunning smile has made a real difference, as Paisley

sums it up *"I love my teeth now, and my friends and family often comment on how good they look. This gives me a lot more confidence than before I had my treatment".* Paisley is equally rapturous about Dr Jonathan Hunter, the orthodontist who treated her, and his team at York Orthodontics: *"It feels like Jonathan's worked with magic".*

Sara Wallis, one of the judges of the competition, explains that choosing Paisley as one of the winners from amongst the many patients who entered was an easy decision to reach: *"We were so impressed with her bravery and enthusiasm in persevering with orthodontic*

treatment at a time when she was undergoing a number of difficult medical operations".

Psychologist Professor Tim Newton, another one of the judges, added: *"Paisley exemplifies the spirit of the competition, which was to show people that people can achieve their goals 'Against the odds'".*

Paisley's specialist orthodontist is Dr Jonathan Hunter, who is Principal Orthodontist at York Orthodontics. She won a Philips Sonicare FlexCare toothbrush – a top of the range electronic sonic toothbrush with built-in UV sanitiser.

Tell us your story or find out more

If you have an equally moving story to tell, why not enter next year's Against the Odds. Entry forms will be available from your orthodontist from January 2011.

For impartial advice about orthodontics for young people and adults, including where to find your nearest orthodontist, visit www.bos.org.uk

Visit www.bos.org.uk for more information about the British Orthodontic Society

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