

- A smile for life. The lesson presented by the American Dental Association.

- When I was older, going to Dr. Brand somehow seemed to come last on my list of things to do. After all, a guy has lots on his mind, maybe I was overdue, but I knew I'd get a friendly reception from Dr. Brand. And I did. He told me I had good teeth, but the way I was going, I'd never have that smile for life. Not only missing regular checkups, but it looked like I was eating a lot of sweets too. Now how does he know that? He showed me how. I was a teenager and teenagers get careless, seem to forget all they learn. He pointed to a chart that showed that the teens were the years when most cavities occur. Snap out of it, he said. Get back to the rules the way he taught me. Regular checkups, proper brushing and easy on sweets. Later on my way home, I was sorry for the way I let the doctor down. From now on teenager or no teenager, I was going easy on sweets and regular on checkups.