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AVOIDING SCARY HALLOWEEN TREATS

EAT ALL FOODS IN MODERATION

When you get home from trick-or-treating, discard hard or sticky candies like sugared fruit snacks, caramels, or lollipops, as they increase the time in which teeth are exposed to sugar. It is not a good idea to allow your child to graze on candy, as this will increase the amount of time sugar comes in contact with teeth.

Although sweets are blamed for much tooth decay, all foods — even healthy alternatives to candy, such as fruit and nuts — can promote tooth decay if eaten in excess. Children (like adults) should eat all foods in moderation.

THANKS TO [HTTPS://FEDS.DELTADENTALINS.COM/FEDVIP/NEWS/2019/TIPS-TRICKS-HALLOWEEN.PHP](https://feds.deltadentalins.com/fedvip/news/2019/tips-tricks-halloween.php)

Trick or Treat!

BEST CANDY FOR YOUR TEETH	WORST CANDY FOR YOUR TEETH
Plain Milk Chocolate Dark Chocolate Sugar Free Gum	Sticky candy Lollipops Sour candy Non-sugar free gum

Choose carefully this Halloween. If you MUST have that sticky, sour candy, rinse your teeth with fluoridated water. Wait to Brush your teeth for 30 minutes. Brushing immediately when all the acid is there may scour away your tooth enamel.

Floss, Brush, Rinse, and CHEW!

We all know the drill. Floss first, then brush, then rinse with either water or a fluoride mouthwash. We recommend you brush and rinse in the morning (for your friends) and FLOSS, brush, and rinse before bedtime for your oral health.

But, what does CHEW mean in this blog? Chew is snacking on Sugar-Free gum, such as Trident, Orbit, or any other sugarfree gum, preferably with Xylitol. When you chew gum, you enhance the saliva in your mouth. Plaque can build up in dry mouths. Gum increases the flow of saliva that cleans food particles out of your mouth, reduces plaque, and neutralizes acid that can attack the tooth enamel.

WHY IS SALIVA IMPORTANT?

Saliva is mostly water, but it also contains minerals and proteins needed for digestion, and it also keeps teeth healthy. Chewing sugarfree gum stimulates the saliva production which:



- Fights germs
- Makes swallowing easier
- Gum with Xylitol offers protection against tooth decay.
- Helps you chew better
- Prevents smelly breath
- Helps Digestion

WHAT IF YOU HAVE DRY MOUTH?

Dry mouth and bad breath are by the lack of saliva production. Medical conditions, such as Diabetes, Stroke, Thrush, or Alzheimers disease, or Autoimmune diseases, such as HIV/AIDS and Sjogren's syndrome, can cause a lack of saliva production. Snoring and open mouth breathing and even certain medications can also cause dry mouth.

HOW CAN YOU HELP DRY MOUTH?

While nothing can take the place of the brush and floss, chewing sugarless gum after meals is a quick, easy, available choice. You can support healthier gums and teeth, and even fresher breath. Clinical trials show that people who chew gum for about 20 minutes after a meal can prevent tooth decay and make the enamel stronger.



STRAWBERRY GHOSTS

It doesn't get much better than a chocolate dipped strawberry! These strawberry ghosts are cute, easy to make and perfect for Halloween!

Ingredients

1 (16 oz) package Vanilla CANDIQUIK Coating

24 Fresh strawberries

Mini chocolate chips

Instructions

Melt Candiquik in tray according to directions on package.

Place a large piece of wax or parchment paper on a flat surface.

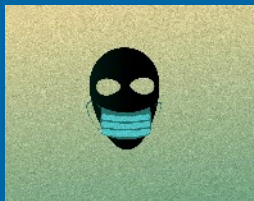
Dip strawberries in melted Candiquik Coating, remove and allow the excess coating to pour off onto the wax paper to form the "tail" of the ghost; slide the strawberry back and set on wax paper to dry.

Before coating has set, place two mini chocolate chips on as the eyes. For the mouth, cut off the tip of a mini chocolate chip and place on the strawberry with the bottom side facing up.

Author: Sarah @ Miss CandiQuik

Prep Time 45 min

Serves: 24



Our Office is open and Waiting for you. We adhere to all of the CDC Guidelines. Know that we are here when you need or want us.



TOOTH FAIRY CORNER HALLOWEEN

The Tooth Fairy has been putting

money under the pillows of children in exchange for a lost tooth for many years. She has seen many baby teeth and has great info about their care during the years. She has also picked up much facts about adult teeth as well. She has agreed to take time to answer some of the common questions our patients ask.

DEAR TOOTH FAIRY,

HALLOWEEN IS FAST APPROACHING, AND I AM CONCERNED ABOUT THE AMOUNT OF CANDY. I DON'T WANT MY CHILD TO GET CAVITIES.

*BOO FOR CANDY,
ROSWELL, GA*

DEAR BOO,

CHOOSE TREATS THAT CAUSE THE LEAST DAMAGE TO TEETH. INSTEAD OF CARAMELS AND HARD CANDIES, CHOOSE CHOCOLATES THAT ARE SWALLOWED QUICKLY AND DON'T STICK TO TEETH. AVOID ANY SWEETS THAT ARE ACIDIC OR CHEWY. DON'T FORGET THAT EVEN "HEALTHY" SNACKS LIKE PRETZELS AND CRACKERS CAN PROMOTE DECAY.

SET UP A CANDY BANK; NO GRAZING

ALLOW YOUR CHILD TO MAKE DAILY WITHDRAWALS FROM THE BANK AND MONITOR THE PROGRESS. THIS WAY, YOU CAN CONTROL HOW MUCH CANDY YOUR CHILD CONSUMES, FOLLOWED BY A GLASS OF WATER AND 30 MINUTES LATER, A THOROUGH TOOTH BRUSHING.

USE FLUORIDE PRODUCTS

FLUORIDE CAN DRAMATICALLY REDUCE THE DAMAGE CAUSED BY TOOTH DECAY. USE FLUORIDATED TOOTHPASTE AND OTHER PRODUCTS AND DRINK WATER TREATED WITH FLUORIDE. CHILDREN SHOULD BRUSH THEIR TEETH TWICE A DAY FOR 2 MINUTES.

THANKS TO [HTTPS://FEDS.DELTADENTALINS.COM/FEDVIP/NEWS/2019/TIPS-TRICKS-HALLOWEEN.PHP](https://feds.deltadentalins.com/fedvip/news/2019/tips-tricks-halloween.php)