



THURSDAY, OCTOBER 1, 2009

### **Halloween Candy vs. The Dentist**

For generations children have enjoyed going door to door collecting more candy than one child should consume all year. The best part is coming home, dumping the candy on the floor and sorting through all the yummy loot that was collected. Parents have always cringed at the thought of all the sugar adhering to their children's little teeth, the damage it can do and not to mention, that huge dentist bill! Yikes, well, Dr. Margaret Mitchell, DDS, owner of Mitchell Dental Spa a dental spa facility in Chicago's Water Tower Place, offers the following tips to for protecting your kids teeth at Halloween:

- Avoid sticky candy such as taffy, gummy bears, caramel, etc. Sticky Candy adheres to teeth and causes decay
- Kids can eat candy ANYTIME, there is not a good time of day/night to eat candy
- Brush immediately after eating candy, especially sticky candy
- Prior to Halloween, visit your dentist to have sealants put into the child's teeth grooves
- Have you child chew gum with zylitol sweetener with prevents tooth decay. Orbit and Trident both have zylitol sweetener.

**FOLLOWING THESE TIPS MIGHT MAKE YOUR CHILD'S NEXT DENTIST TRIP GO MUCH MORE SMOOTHLY!**

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Following these tips might make your child's next dentist trip go much more smoothly!

*Michelle*

<http://flyinggigglesandlollipops.blogspot.com/2009/10/halloween-candy-vs-dentist.html>