



**CLICK HERE FOR FREE DOWNLOAD!**

**I love to spoil my subscribers with amazing content, free downloads, and special offers!**

## Episode 17: Cavity Preventing Tricks for Halloween Treats\_017

What if I were you to tell you that you and your kids can eat as much candy as you'd like without getting the cavity.

Stay tuned to find out more on today's episode of this old tooth.

Hello everyone! and Happy Halloween! You are listening to episode number 17 of "This Old Tooth", a podcast devoted to providing you with honest agenda-free information about how you can get and keep a beautiful healthy smile for life. I'm your host, Dr. Lisa Germain. In today's episode, I will discuss how the scariest part of Halloween could be the potential damage to your teeth and that of your family and what you can do to prevent it.

I love Halloween for so many reasons. First of all, my birthday is the day after Halloween! Tomorrow! All Saints Day. And when I was a kid I always associated my birthday with Halloween. It was if I got to celebrated for 2 straight days. I remember being so excited about picking my costume every year and coming home from a glorious night of trick or treating and dumping all of my candy on the floor and sorting it out then, negotiating trades of the things I didn't like with my sister and cousins for as many Nestle's Crunch, Milky Ways, and Tootsie Rolls as I could. I would plead: "But it's my birthday tomorrow. It could be your present to me." Then, when I had kids of my own I got to celebrate the joys of Halloween all over again through their eyes.

I have such fun memories of how they reveled in the glory of dressing up as their favorite alter ego du jour, then traipsing around the neighborhood only to return with a stockpile of sweets. I remember someone asking me if I let my kids eat candy. You're a dentist after all! "Of course I let my kids eat candy as if I could stop them." But neither one of my kids has ever had a cavity and I'm proud to say that but that is because while I'm not a candy "Nazy" I was certainly very adamant about my kids brushing and flossing their teeth.

**THISOLDTOOTH PODCAST**

-

**THISOLDTOOTH BLOG**

Follow us on:





While Halloween can bring joy to many it can also send you and your family to the dentist and the scariest part of Halloween might be what happens to your teeth as well as your wallet long after the Jack O' lanterns burned out.

The bacteria in your mouth are probably way more excited to eat Halloween candy than you are. When the bacteria eat the sugar and leftover food in your mouth, a weak acid is produced. That acid is what can contribute to cavities.

So, my goal today is to shed some light on a few tricks you can use to outsmart those treats. First of all, the type of candy that you eat can make a difference. Chocolate is one of the best because it washes off your teeth easier than other types of candy and while dark chocolate has less sugar than milk chocolate either one will cause a cavity if it is not removed from the tooth surface in a timely manner. The good news is that it is handed out often. Gummies are probably the worst. My advice is, "If it's sticky please be picky." Besides being more difficult to remove from your teeth your saliva is less likely to wash it away and it creates a much longer sugar bath for your teeth and gives the bacteria more time to work.

Then here's hard candy and this can become a problem for two reasons. First of all they are intended to be slowly dissolved in your mouth and they also are giving your teeth a nice long warm sugar bath making it a perfect environment for bacterial growth, the production of acid and the beginning of a cavity.

But then, if you bite down on it, you need to be really careful because you can actually break your teeth. Popcorn balls can also be hard and will break your teeth plus the sugary kernels of corn while delicious get stuck between and brushing alone will not remove them. My recommendation here is to keep your dental floss handy.

Some candy is sugary and sour at the same time (actually my favorite I hate to admit) and this usually means they are very acidic. This will eat away at the outer layer of your teeth the enamel and causes damage that can lead to not just cavities but erosion and sensitivity to cold.

So "if that sucker makes you pucker" spend some extra time brushing it off. In addition to the type of candy that you eat, when you eat it can make all the difference in how it affects your teeth.

If you eat Halloween candy and other sugary foods with meals or shortly after mealtime saliva production increases and this will help to cancel out the acids produced by bacteria in your mouth and rinse away food particles as well.

Also, it is not the amount of candy that you eat that is the problem, it's the frequency. If you are snacking on sweets all day long it is worse than eating the same amount in one sitting. When there is that enticing bowl brimming with assorted small bites of deliciousness sitting in front of you on the table every time you

**THISOLDTOOTH PODCAST**

-

**THISOLDTOOTH BLOG**

Follow us on:





pass it, it is so easy just to nibble all day long. But this again gives your teeth a constant sugar bath and does not give your saliva a chance to bathe your teeth with anything but this acid-producing substance.

In truth, when all is said and done it is okay to eat candy and other sweets and that goes for other days besides Halloween but removing the sugar from your mouth is essential to keep it from causing damage to your teeth.

So, of course, I'm gonna recommend that you brush your teeth twice a day for two minutes with a fluoride toothpaste and if you don't floss, Halloween night might be the best time to start.

And parents it is super important to help little ones to do a thorough job and brush all the surfaces of their teeth tops, sides, fronts and backs and floss for them if they are having trouble doing it by themselves it takes a lot of dexterity to be able to floss your teeth.

Increasing water consumption during this time can also help to flush away the bacteria and the acids created by the sugar and chewing sugarless gum can help increase saliva production which will do the same thing.

Now remember, replace your toothbrush every 3 to 4 months or sooner if the bristles are frayed or if you have a cold. A worn toothbrush won't do a good job of cleaning your teeth you can also remove the temptation by donating the remaining candy. Look for organizations that help you donate the candy to troops overseas like 'Operation Gratitude' or see if your dentist has a candy "buyback program".

And now for a fun fact!

While the origins of cotton candy can be traced back as early as the 15th century, the machine spun cotton candy was invented in 1897 by a dentist, Dr. William Morrison. It was first introduced to a wide audience at the 1904 worlds fair as "fairy floss" with great success. Then in 1921 another dentist Dr. Joseph Lascaux from New Orleans Louisiana, my hometown, invented a similar machine. He called his "cotton candy" and that name stuck. It is still called "fairy floss" in Australia and it's also called "candy floss" in the United Kingdom, Ireland and New Zealand and other countries, although I wouldn't use it to clean between my teeth! I guess you could say that these 2 dentists also created their own built in job security.

If you haven't subscribed to my podcast yet, please do from where ever you where listening and I would love it if you would give me an early birthday present today. I'll trade you 3 peanut butter cups if you leave me an honest review on I-tunes. It is the only way I can know whether I'm giving you the information you want and need. In addition, I love reading them and will also help other people find my podcast. In my next episode, I will take my 9th small bite in my series about bad breath and discuss how deep pockets,

**THISOLDTOOTH PODCAST**

-

**THISOLDTOOTH BLOG**

Follow us on:





cracked fillings and leaky crowns can cause your breath to taste and smell like sewer gas! Now that is an episode you don't wanna miss, Until then! Thank you for listening and remember "be true to your teeth so they won't be false to you.

**THISOLDTOOTH PODCAST**

-

**THISOLDTOOTH BLOG**

Follow us on:

