

# HALLOWEEN HINTS

## Top Five Trick-Or-Treat Tips For Teeth

(NAPSA)—The scariest part of Halloween isn't necessarily the ghosts, goblins and ghouls—it may well be the threat of tooth decay from consuming millions of pounds of candy and Halloween treats. Approximately 36 million children trick-or-treated last year and that number is expected to rise, according to the U.S. Census Bureau.

But with a little planning and effort, parents can help protect their children's teeth from tooth decay, one of the most common childhood diseases.

Tooth decay is a primary concern when it comes to candy consumption, as the high sugar content provides a welcome environment in the mouth where bacteria may feed. When bacteria metabolize sugars, they produce acid that promotes tooth decay, which can ultimately lead to tooth mineral loss and cavities.

Plackers, a leading brand of consumer oral care products, offers some helpful tips for kids to lower the risk of tooth decay and maintain healthy teeth and gums while enjoying Halloween treats.

**1. Throw away hard candies.** Hard candies promote tooth decay because they remain in the mouth for an extended period of time. Additionally, hard candies can cause a chipped tooth or may pose a choking risk for younger children.

**2. Limit sticky candies.** Candy that sticks to teeth, such as gummy candies, taffy and fruit chews, makes it hard for saliva to wash away the sugar.



**You don't have to let the risk of tooth decay haunt the Halloween holiday.**

**3. Eat candy with meals.** Eating candy with meals may help minimize lingering acid level exposure that is associated with snacking between meals.

**4. Brush and floss teeth after eating candy.** This helps reduce the amount of sugars that feed bacteria. Disposable dental flossers, such as those offered by Plackers, can help make flossing easy and fun for kids. If unable to brush or floss, rinsing with water also helps.

**5. Encourage neighbors to hand out Halloween treats other than candy.** Fun treats like Halloween stickers, glow sticks, vampire teeth and pencils keep kids in the trick-or-treat spirit without damaging teeth.

Always practice good oral hygiene and be sure to have your children visit the dentist for a cleaning and checkup once every six months or as scheduled by their dental professional.

For more information on maintaining healthy teeth and gums, visit [www.Plackers.com](http://www.Plackers.com).