



Halloween 2014

Tips to help prevent tooth decay!

Traditions like the Wilton Chamber of Commerce Halloween Parade make our community a wonderful place to live and work. As we enjoy the fun of trick-or-treating with our neighbors, Dr. Aris encourages parents to use this as an opportunity to reinforce the benefits of brushing twice a day, flossing once a day, and brushing as soon as possible after sugary treats. **“Attitudes and habits established at an early age are critical in maintaining good oral health,”** stresses Dr. Aris, **“keeping your child’s smile healthy and strong.”**

The ADA offers the following tips to help reduce tooth-decay risk and still enjoy Halloween.

- **Eat Treats with meals.** Saliva production increases during meals, washing out food particles and helping to neutralize cavity-causing plaque acid.
- **Consider chewing ADA accepted sugarless gum after meals.** Certain sugarless gums have earned the ADA Seal of Acceptance for scientifically proving that chewing the gum for 20 minutes after meals helped prevent tooth decay.
- **Drink fluoridated water.** Optimally fluoridated water has been shown to reduce cavities from 20 to 40 percent.
- **Follow the 1-2-3s of good daily oral hygiene:** Floss once a day, brush twice a day and eat three balanced meals a day.
- **Visit your dentist for regular checkups.**

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