



FROM THE DESK OF WILLIAM GRAND, D.D.S.



October Newsletter 2024

Greetings Dr. William From Grand Family Dentistry!

Sugar: The Scariest Halloween Trend

Halloween is approaching, and so are all those scary costumes and haunted houses. It shouldn't be the ghouls and ghosts that you fear, however, but the candied apples, trick-or-treat sweets and all the soda that washes them down! Sugary and acidic foods can lead to tooth decay, and that can put a damper on anyone's festive spirit.

While it would be nice if your neighbors all gave out fresh fruit or sugar-free candy (though we're sure the kids disagree!), high-sugar sweets are still America's favorite Halloween treat. If possible, try to limit children's sugar intake. Encourage them to drink plenty of water while snacking – soda will only make things worse! And finally, while it's easy to slip into a "sugar coma" and just pass out while watching a favorite horror flick, this is not the time to stray from your brushing or flossing routine. Let your children know that if they eat sweets without their toothbrushes on hand, they should rinse their mouths out with warm water.

If you think your child may have developed a cavity (whether the result of Halloween indulgences or not), please call us at (985)624-8602 for a check up. Even temporary baby teeth need to be properly cared for, as tooth decay can affect permanent adult teeth as well.

We'd like to wish you and your family the best this fall season. We hope that when the sweets of autumn runneth over, you'll think of us (and your smiles)!

If you have questions regarding sugar and dental health, please call our office at (844)62-GRAND or email us at contact@GrandFamilyDentalCare.com today!

Ain't Life Grand!

Best Regards,

A handwritten signature in blue ink, appearing to read "W. B. Grand" with a flourish at the end. The signature is written in a cursive style.

Dr. William B. Grand

P.S. If you have any friends or family members who you feel could use our services, please don't hesitate to have them call us. We'll be sure to take "GRAND" care of them.