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Parents the time is almost here for your little ones to dress up and go out for a night of Trick-or-Treating. Here are a few general rules:

- Carry a flashlight
- Walk, don't run
- Stay on side walks
- Stay in familiar neighborhoods
- Wear a watch you can read in the dark
- Wear clothing with reflective markings or tape
- Wear shoes that fit (even if they don't go with your costume)



HAVE A SAFE AND FUN NIGHT!

Annual Food Drive

Once again this year we will be holding a food drive for the teens at Crossroads Shelter. We hope that everyone will join in the spirit of giving and donate a nonperishable food item or an item that a 13-18 year old female would enjoy.

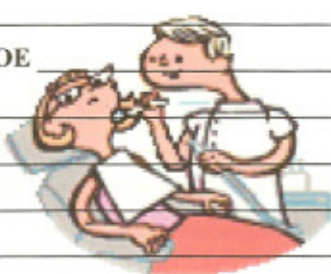
The Gift of an Attractive & HEALTHY Smile

Keep an eye open for a 1/2 price teeth whitening sale. Running from November 1st to December 31st. Office Gift Certificates available for all procedures. Wouldn't that be a GREAT stocking stuffer?

KID CORNER!

Word Scramble

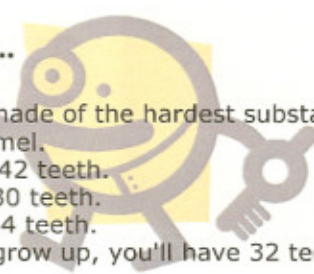
- LAEUPQ _____
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 HETTE _____
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Fun facts

Do you know...

- Teeth are made of the hardest substance in the body - enamel.
- Dogs have 42 teeth.
- Cats have 30 teeth.
- Pigs have 44 teeth.
- When you grow up, you'll have 32 teeth.



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VANDER SCHAAF & BEISCHEL

FALL GREETINGS

Healthy Mouth-Healthy Body: What's The Connection

Oral health means more than just an attractive smile. Poor oral health and untreated oral diseases and conditions can have a significant impact on quality of life. **And in many cases, the condition of the mouth mirrors the condition of the body as a whole.** Recent reports indicate a relationship between periodontal (gum) disease and stroke, heart disease, and pre-term low birth-weight babies. **Likewise, more than 90 percent of all systemic diseases have oral manifestations, meaning your dentist may be the first health care provider to diagnose a health problem.**

According to the recently released Surgeon General's report

on oral health in America, a large percentage of the population suffers from a reduced quality of life due to oral and facial pain. This pain is largely due to infections of the gums that support the teeth and can lead to tooth loss. **More than 75 percent of the population is affected by some type of periodontal (gum) disease or gingivitis.** Recent reports show that infections in the mouth can affect major organs. One example is bacterial endocarditis, a condition in which the lining of the heart and heart valves become inflamed. **Poor mouth care also can contribute to oral cancer, which now takes more lives annually than cervical or skin cancer.**

Seeing a dentist every six months can help identify diseases in their earliest stages. It is also important to provide your dentist with a complete medical/dental history and to inform him or her of any recent problems, even if they seem unrelated to your mouth.

A regular exam allows your dentist to keep your mouth in tip-top shape and watch for developments that may point to problems elsewhere in your body. A dental exam also picks up on poor nutrition and hygiene, growth and developmental problems and improper jaw alignment.

Always remember that periodontal disease is caused by bacterial buildup. Brush and floss regularly to remove bacterial plaque that you can't see below the gumline and remember to schedule regular check-ups.

Diet and Oral Health

Your body is like a complex machine. The foods you **choose as fuel and how often you "fill up"** affect your general health and that of your teeth and gums. Many dentists are concerned that their patients are consuming record numbers of sugar-filled sodas, sweetened fruit drinks, and non-nutritious snacks that affect their teeth. These items generally have little if any nutritional value and over time they can take a toll on teeth.

Eating patterns and food choices among children and **teens are important factors** that affect how quickly youngsters may develop tooth decay. When bacteria (plaque) come into contact with sugar or starch in the mouth, acid is produced, which attacks the teeth for 20 minutes or more. This can result in tooth decay.

Foods that contain sugars and starches of any kind can contribute to **tooth decay.** Almost all foods, including milk or vegetables, have

some type of sugar or starch. However, they **shouldn't be removed from** our diets because many of them contain important nutrients. And they add pleasure to eating. To help control the amount of sugar you consume, read food labels and choose foods and beverages that are low in added sugars. Added sugars often are present in soft drinks, candy, cookies and pastries.

If your diet lacks certain nutrients, it may be more

difficult for tissues in your mouth to resist infection. **This may contribute to periodontal (gum) disease,** a major cause of tooth loss in adults. Although poor nutrition does not cause periodontal disease directly, many researchers believe that the disease progresses faster and could be more severe in people with nutrient-poor diets

—Article from ADA.org