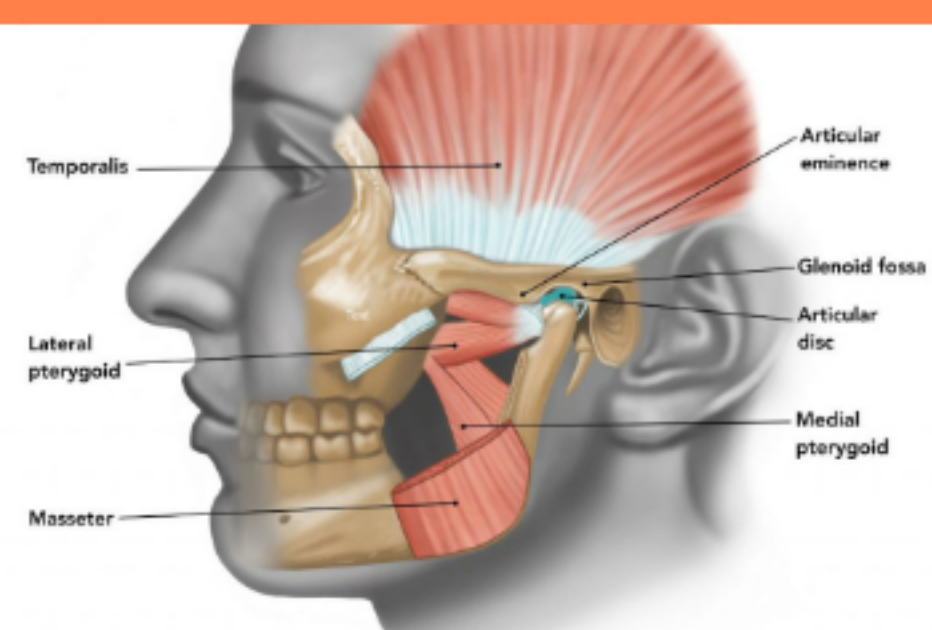


## November Newsletter 2023



# November is TMJ Awareness Month

[Click here for clearer explanation about TMJ.](#)  
[Our Hygienist, Janet talks about TMJ disorder](#)

### Savvy, Sweet Food Make the Holidays Special

There are a few reasons why dental health problems like tooth decay and gum disease are more common around the holidays:

#### **Sugar Galore**

Pumpkin pie, candy canes, and other holiday staples are chock-full of sugar. Overindulging in them attracts bacteria that produces acids that eat away at your tooth enamel, causing cavities.

#### **Grazing on Snacks**

Many of us spend Thanksgiving and Christmas catching up with loved ones while snacking throughout the day. Unfortunately, grazing doesn't give your saliva a chance to clean the bacteria from your teeth after eating, which increases your risk of decay.

#### **Throwing Off Your Routine**

It's easy for your normal oral hygiene routine to get thrown out of whack this time of year, especially if you're traveling. Whether you forgot to pack your toothbrush or you stayed up too late with family and fell asleep without brushing, failing to clean your mouth as often as you typically do can lead to disaster.

### How to Protect Your Smile During the Holidays

Just because it's the holiday season doesn't necessarily mean your oral health is doomed. There are plenty of things you can do to keep your smile safe:

- **Only eat at meal times** – By reducing the number of times you eat per day, you give your teeth a better chance of protecting themselves from bacteria and acids.
- **Drink plenty of water** – Water rinses lingering food particles off your teeth, preventing them from causing harm.
- **Brush and floss when you can** – Remember to pack your toothbrush, toothpaste, and floss if you're traveling. Also, set reminders to clean your teeth at least twice a day.
- **Limit hard, sticky, and sugary foods** – Hard candies, caramel, gummy candies, and other seasonal sweets can all too easily damage your teeth.
- **Schedule a dental appointment** – The end of the year is a great time to book your routine dental cleaning if it's been more than six months. Call us @ 770-304-0034 or our website at [www.AmazingSmilesPC.com](http://www.AmazingSmilesPC.com)

The holiday season is by far the worst time of year in terms of your dental health, but by keeping the tips above in mind, you can start the new year off on the right foot with a healthy smile! Author: Central Dental Associates, MA



#### **Healthy Recipes for Thanksgiving Sides Dishes**

[Click Here to Connect to Recipes](#)

- \* Beet-And-Apple Salad
- \* Sweet Potato Spoon Bread
- \* Broccoli, Shiitake & Red Onion Roast
- \* Caramelized Brussels Sprouts with Pancetta
- \* and MORE...

### NOVEMBER CAN-A-THON IS BACK!

WHEN YOU BRING 5 CANNED GOODS, WE'LL DONATE THE CANS TO THOSE IN NEED AND YOU'LL HAVE THE OPPORTUNITY TO SPIN OUR SPECIAL PRIZE WHEEL!

