

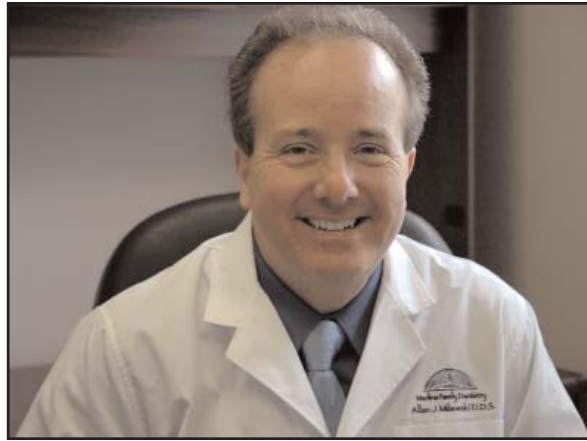
# There's No Trick to Treating Yourself to Good Dental Health

**By Dr. Allan J. Milewski, D.D.S.**

I always loved Trick or Treating as a child...the idea of going door to door in a great costume and getting bagfuls of candy was one of the highlights of the year. Today, I laugh when people say trick or treating is just for kids....I know many parents (myself included) who have bartered with our children for a prime piece of Halloween candy!

By all means, treat yourself, but don't be tricked into not following up with good dental hygiene practices!

Don't be Tricked into thinking you can skip brushing your teeth after sugary snacks. We all live in a very busy world and sometimes we give our teeth a lick and a promise of a better brush next time. Most patients think they are spending a long time brushing, while in reality most spend



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less than a minute brushing. When you brush your teeth, you need to brush for at least three minutes. Set a timer, or watch the clock. Brushing to music can be helpful, as many songs today are three long.

Do Treat yourself to a battery operated toothbrush if you suffer from arthritis or motor impairment. The larger handle and consistent gentle brushing motion can lead to

very thorough cleaning. Additionally, many children who battle about brushing their teeth will find it fun to use a powered toothbrush. Battery powered toothbrushes come with removable brushes, so one handle can be used by several people...just change out the brush.

You are Tricking yourself if you think that flossing isn't as important as brushing your

teeth. Brushing alone cannot get the plaque that forms between your teeth and gums. Research about periodontal or gum disease, is finding a stronger and stronger correlation between the health of your gums and the health of your heart. If you don't floss, start today! New disposable interdental cleaners make flossing easier and more convenient.

There is no Trick to Treating yourself to good dental health. Have a safe and Happy Halloween and save a Snickers bar for me!

For more information on your dental health, contact Dr. Allan J. Milewski, D.D.S. at (330) 723-2242 or visit him on the web at [www.MedinaFamilyDentistry.com](http://www.MedinaFamilyDentistry.com).

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