



Dr. C. Ross Crapo & Associates

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It's That Time Again...

With cottage season over and back to school and routine in full swing, fall is in the air. If you're like many of us, the fall is a favourite time of year. Particularly if you get out and enjoy the beautiful colours. Of course, the kids are excited about the upcoming Halloween and all the candy that comes with it.

So on that note, here are my...

5 Tips To Keep Your Children Cavity-free This Halloween

Choose better treat options:

Not all candy is created equal. Sticky candy like toffee, and very hard candies should be avoided. The sticky candies tend to stay in the mouth longer leaving your child's mouth bathed in sugar which contributes to tooth decay. Hard candies can also chip or crack your child's teeth.

Eliminate constant snacking:

It will be tempting for children to dip into Halloween treats on a regular basis. Restrict treats to mealtimes when saliva levels are higher. Saliva helps to remove plaque and to neutralize the acid that leads to tooth decay. Limiting exposure to sugars at mealtime also reduces the overall

exposure of the teeth to sugar which in turn feed the bacteria that turn that sugar into acid that ultimately makes cavities in teeth.

Divide and conquer:

Go through the candy with your child. Compromise and allow them to keep some of their favourites while sharing some of the less favourable or less suitable options.

Be Realistic and Focus on Education:

While as a dentist, I should be telling you your child should not be eating candy, as a parent that is not practical.

Kids can and will eat candy on occasion, and when they do, make it a routine to follow up candy consumption with tooth brushing. If your child understands the reasons why, most will do it willingly.

Reinforce the importance of regular brushing and flossing:

Using candy as a conversation starter, encourage your kids to get into a routine of brushing twice a day (after breakfast and before bedtime) and flossing at least once a day (preferably before bedtime).



Dr. C. Ross Crapo

Tips, Tricks, and Trends

Halloween Safety Tips for Pets

Halloween can be the spookiest night of the year, but keeping your pets safe doesn't have to be tricky. The ASPCA recommends taking these simple, common sense precautions to keep your pet happy and healthy all the way to November 1.

Stash the Treats

The candy bowl is for trick-or-treaters, not Scruffy or Fluffy. Several popular Halloween treats are toxic to pets. Chocolate in all forms—especially dark or baking chocolate—can be very dangerous for cats and dogs, and sugar-free candies containing the sugar substitute xylitol can cause serious problems in pets. If you suspect your pet has ingested something toxic, please call your veterinarian immediately.

Be Careful with Costumes

For some pets, wearing a costume may cause undue stress. The ASPCA recommends that you don't put your dog or cat in a costume unless you know he or she loves it. If you do dress up your pet for Halloween, make sure the costume does not limit his or her movement, sight or ability to breathe, bark or meow. Check the costume carefully for small, dangling or easily chewed-off pieces that could present a choking hazard. Ill-fitting outfits can get twisted on external objects or your pet, leading to injury.

Keep Pets Calm and Easily Identifiable

Halloween brings a flurry of activity with visitors arriving at the door, and too many strangers can often be scary and stressful for pets. All but the most social dogs and cats should be kept in a separate room away from the front door during peak trick-or-treating hours. While opening the door for guests, be sure that your dog or cat doesn't dart outside. And always make sure your pet is wearing proper identification—if for any reason he or she does escape, a collar with ID tags and/or a microchip can be a lifesaver for a lost pet.

Source: aspc.org



Fun Facts

That'll Astound Your Friends

- **Though full moons are often pictured in Halloween related scenes** (like witches flying in front of a full moon, or people turning into werewolves on a night with a full moon), it is actually quite rare to have a full moon on Halloween. It has only happened once in the last 50 years!
- **Halloween** is the second most successful commercial holiday after Christmas.
- **Jack-o-lanterns** originated in Ireland and were hollowed out turnips with candles placed in them to keep spirits away on that holiday.
- **Canadians have become so wild about Halloween** we now spend more per capita on costumes, candy and décor than our U.S. counterparts do.

Fun, Dumb & Inspiring Quotes

"Before you marry a person you should first make them use a computer with slow Internet to see who they really are."

~ Will Ferrell

"Why worry? If you've done the very best you can, then worrying won't make it any better."

~ Walt Disney

"Having children is like living in a frat house - nobody sleeps, everything's broken, and there's a lot of throwing up."

~ Ray Romano

"It's time for the human race to enter the solar system."

~ George W. Bush

Life Hacks: Better, Faster, Easier Solutions To Life's Little, Everyday Problems >>>

Have you ever wondered 'exactly' why we tend to sleep longer when we're sick? As you might already know, we sleep in "sleep cycles". We can categorize these cycles into "light sleep", and "deep sleep." But just HOW important deep sleep is to our immune system?

Why Poor Sleep Lowers Your Immune System

It's during the first 3-4 hours of our sleep that we experience the longest period of Stage 3 and Stage 4 sleep. Stage 3 and Stage 4 Sleep is also commonly termed "deep sleep." It's during deep sleep that we experience very low brain waves called Theta and Delta brain waves.

Our blood vessels dilate and all the blood that is usually stored in our organs throughout the day moves into our muscles to nourish and repair them.

Our immune system also activates during deep sleep to fight disease. This is why people tend to sleep longer when they're sick.

When you don't take proper care of your inner sleeping system, you're usually at risk of "poor sleep." Poor sleep happens for a variety of reasons but the main "symptom" is

the inability or the difficulty of obtaining proper amounts of "deep sleep."

It's very common for people who travel across many time zones to get sick very quickly, we usually blame this on "Jet-Lag." However, jet lag happens because of the body's natural body temperature rhythm being out of alignment. Jet-Lag commonly creates a disruption of deep sleep, added with the stress of travel, this is a perfect mixture for lowering one's immune system.

Most people live without being aware of all the actions they're taking in their lives that are completely detrimental to their sleeping system, which are depriving them of energy, and making them SLEEP LONGER than they really need to. Fortunately, there are simple methods to take proper care of your inner sleep system, and strengthen it for maximum performance.



We
enjoy
our team
at work
and
play!

Thanksgiving & Oral Healthcare

Thanksgiving marks an event where everyone can feast and eat all the food that their tummies can handle. It is one of the few days of the year when people break their diets and really indulge at dinner. During this time, recipes can be found on how to stay on a healthy diet this holiday while still being able to enjoy delicious meals. However, maintaining good oral health is also essential to your overall health.

While there are certain foods that will prevent you from packing on a few pounds, there are foods that will prevent you from tooth decay as well.

- Include celery and carrots into your stuffing. Both vegetables contain beta carotene, which helps your body create vitamin A – a nutrient essential for building strong teeth!
- Eat lots of turkey this holiday! Turkey is high in phosphorous, which is needed for tooth development.
- Pumpkin pies are a good source of vitamin C and helps to supply the calcium needed in the development and re-mineralization of teeth.
- Side dishes made with greens and winter vegetables, such as green beans, asparagus and butternut squash, are great sources of vitamin A and C. These nutrients prevent soft, bleeding gums and help protect against oral cancer.
- Eating cranberries can prevent bacteria from sticking to your teeth and forming plaque!

Consider including these foods in your Thanksgiving Day feast and then you can give thanks for many more years of healthy teeth! Drink plenty of water during and in between meals to avoid tooth decay caused by foods that are high in sugar. Remember to brush your teeth and floss after dinner to maintain optimal oral health!



Old Fashioned Apple Crisp

Ingredients:

- 6 Apples
- 1 cup Brown Sugar
- 1 tsp Vanilla
- 3/4 cup uncooked Old Fashioned Oats
- 1/2 cup Flour
- 1 tsp Cinnamon
- 1/2 cup Butter, cold

Directions:

- Peel, core and slice apples.
- Preheat oven to 375.
- Layer apples into large baking dish.
- Mix together flour, brown sugar, oats and cinnamon in a bowl.
- Add in vanilla and cut in butter with a pastry blender or fork.
- Work until mixture forms large crumbs.
- Sprinkle over apples.
- Bake 30-35 minutes or until topping is browned and apples are soft.





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Free Report Reveals:

Parent's Guide to Getting Started With Your Child's Oral Health

Getting started with your child's oral health comes well before their first dental visit. This guide walks you through the Do's and Don'ts of caring for your child's oral health.

Call our office at (250) 383-3368 to request your copy.

Can You Handle the Truth???

Spiders

Spiders are a common symbol on Halloween. But they may not be as evil as popular culture would have you think. Many myths explain that spotting a spider on Halloween is actually a loved one watching over you.

JOKE of the Month

WHY DID THE
VAMPIRE GO TO
THE DENTIST?



He had a fang-ache!

HalloweenJokes.com

