

# Watch out for Holiday Habits Affecting your Teeth

As we enter the holidays, we are bombarded with decorations, buying presents, and planning events with friends and family. However, the busy holiday season may also disrupt many people's daily routines, and at this time of year it is especially important to remember to look after your teeth. And let's be honest, spending quality time with your family and friends is a lot more fun than making a trip to your dentist! So here are some helpful tips to get you, and your teeth, through this upcoming holiday season:



Dentally Speaking  
by  
Jeffrey S. Haddad D.D.S.

**Don't slack on your homecare:** Holiday get-togethers tend to lead people to consume sugary treats and drink alcoholic beverages more than usual. Additionally, with busy schedules and increased stress levels, I've noticed that some of my patients' oral hygiene suffers. They forget the most basic of oral hygiene tasks that can offset the effects of sugary snacks and drinks. Despite the fun late nights and increased opportunities to indulge, remember that your brushing and flossing needs to continue at the same level and frequency that it did prior to the

holidays.

- If you can't brush or floss after eating sweet treats, drink water or chew a piece of sugarless gum, which will increase saliva flow and help wash away the bacteria produced by these sweets.

**Increased holiday stress can equal increased grinding:** Holiday anxiety is very common and can lead to an increased grinding and clenching habit (also known as bruxism) at night and during the day. This can lead to chipped or cracked teeth, headaches, and jaw pain.

- For those patients who already own a night grinding guard, please remember to wear it every night..

- For patients that are unaware that they grind at night, symptoms to look for are morning headaches, jaw tension, or sensitive teeth. Sometimes it is during these stressful times that help patients identify a destructive bruxism habit. If you do experience any of these symptoms, talking to your dentist about making you a night guard may be a good idea.

**Careful what you eat:** Having a sweet tooth is fine in moderation, but when it comes to sticky substances, make sure to keep them to a minimum. Foods like caramel and taffy have been responsible for countless broken teeth, lost crowns, and yanked-out fillings in our office. "Murphy's law" says that one of these dental mishaps will occur at the most inopportune times so please be aware that these chewy treats could cause an unwanted trip to your

dentist.

With the holiday season underway, it is very easy to get caught up in the fun, busy schedules, and eating pleasures. Hopefully, these little reminders will help you stay on track with your oral hygiene. So please enjoy the holidays with your family and friends, but don't neglect your diet and proper home care or it could take its toll on your teeth.

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*For more information, visit [www.rochesteradvanceddentistry.com](http://www.rochesteradvanceddentistry.com).*

## Take a break this holiday season with free park entry at Oakland County Parks

Escape the hustle and bustle of the holiday season by visiting an Oakland County Park on Guest Appreciation Days.

On Christmas Eve, visitors can enjoy free daily park entry with access to natural areas, trails and park amenities at these Oakland County Parks: Addison Oaks, Highland Oaks, Independence Oaks, Lyon Oaks, Orion Oaks, Red Oaks and Rose Oaks.

The dog parks at Lyon Oaks, Orion Oaks and Red Oaks will be open free of charge to visitors on both Christmas Eve and Christmas Day.

Park hours are 30 minutes before sunrise to 30 minutes after sunset, or as posted at the park. Dog parks are open until 8 p.m. on Christmas Day.

Park locations:  
Addison Oaks, 1480 West Romeo Road, Leonard  
Highland Oaks, 6555 Milford Road, Highland  
Independence Oaks, 9501 Sashabaw Road, Clarkston  
Lyon Oaks, 52221 Pontiac Trail, Wixom  
Orion Oaks, 2301 W Clarkston Road, Lake Orion  
Orion Oaks Dog Park, entrance on Joslyn between Clarkston and Scripps roads, Lake Orion  
Red Oaks Dog Park, 31353 Dequindre, Madison Heights  
Rose Oaks, 10400 Fish Lake Road, Holly  
Visit [DestinationOakland.com](http://DestinationOakland.com) for more information. Join the conversation on Facebook, Instagram and Twitter @DestinationOak.

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