

Lose the Acid, Not the Sugar *Halloween Candy's Hidden Culprit*

Contact: Barbara M. Fornasiero 248.651.7536 or 586.817.8414; eafocus@bignet.net

Rochester, Mich., October 18, 2002 --- When parents go through their children's Halloween bags in a few weeks, it is a good idea to sort the candy according to acid content, says Rochester dentist [Kurt A. Doolin, D.D.S.](#)

"Sugar is not necessarily the biggest culprit on today's candy menu," notes Dr. Doolin. "It's the acid level of the sour candies so popular with kids now."

According to Dr. Doolin, the acid, which is often labeled as citric, lactic or fumaric acid on the wrapper, may cause greater damage to the teeth than sugar – in a shorter period of time.

"Acid quickly penetrates into the teeth by dissolving the enamel and starting the decaying process," observes Dr. Doolin. "Children can develop cavities in a matter of months simply from sucking on too much sour candy."

What if your child insists on eating candy that is high in acid?

"Parents have to be diligent in getting their kids to thoroughly brush their teeth more often when the candy situation gets out of control. When they can't brush, a quick rinse of water helps to minimize the damage," offers Dr. Doolin. "That same advice holds true for soda pop, too."

Dr. Doolin's [staff](#) of 11 includes dentist [Dr. Jeffrey Haddad](#) and 5 dental hygienists. His practice focuses on [aesthetic](#) and [implant](#) dentistry as well as general dentistry for children and adults.

-end-