

## 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.

**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 their busy schedules and increased stress levels, I've noticed that 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 high level and frequency that it should be. If you can't brush



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

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 of you who already own a night grinding guard, please remember to wear it every night as you have been prior to the busy holiday season. 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 or even an underlying TMJ disorder. If you do experience any of these symptoms, talking to your dentist about the making you a proper appliance may be a good idea. If symptoms continue, or worsen after the holidays, getting evaluated by a TMJ doctor may be appropriate.

**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.

*Jeffrey S. Haddad, DDS of Doolin & Haddad Advanced Dentistry, completed his dental education at the University of Michigan in 2001. Dr. Haddad is a fellow of the prestigious Las Vegas Institute for Advanced Dental Studies.*

*He lectures nationally on cosmetic dentistry, TMJ disorders and practice management. For more information, visit [www.rochesteradvanceddentistry.com](http://www.rochesteradvanceddentistry.com).*

## Christmas wish giveaway

This holiday season, The Linda Rea Team of Real Estate One in Rochester wants to help make Christmas wishes come true for three boys and three girls in our community.

Shana Rea of The Linda Rea Team, a.k.a. "The Bike Lady," will be shopping for six new bicycles to give away on December 20.

The holidays can be difficult for many, and sometimes parents/grandparents are unable to fulfill the wishes of their

children. We want to ease that burden for six families this year and need your help in choosing the recipients. To nominate a child that you know is hoping for a new bike this Christmas, visit The Linda Rea Team Facebook page: include the child's first name only and the child's age.



*To learn more about how you can help share the hope of Christmas with others, visit to [LindaReaTeam.com](http://LindaReaTeam.com).*

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## DINING GUIDE

### Upcoming Dates

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**The Dining Guide  
section appears  
in the last issue  
every month**

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