

SUN TIMES



The Operation Gratitude Halloween Candy Buyback Program has sent more than 130 tons of candy care packages to U.S. troops overseas. The Tao Sun DDS team is excited to add to the total by participating for the first time!

From **November 1 to November 4, 9:00 a.m. to 5:00 p.m.**, we'll be collecting any unwanted, unopened candy and donating to Operation Gratitude's efforts to put a smile on a soldier's face, while saving children's



smiles from cavities. Every child who donates candy will get a prize. We'll also provide materials to write a letter to the troops. Help us support the men and women who defend our freedom by sharing some of your sweets!

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Tues. 8:30 a.m.- 5:00 p.m.
Fri. 8:30 a.m.- 5:00 p.m.
Select Thursdays &
Saturdays
By Appointment Only

Sun Times

October 2016

High Desert Community Food Bank Thanksgiving Food Drive

The High Desert Community Food Bank does amazing work meeting the nutritional needs of people in our community who do not have the means to do so themselves. Our office is committed to doing our part and have pledged to donate food this



FEED THE HUNGRY

Thanksgiving season in support of their efforts. We're col-

lecting canned goods, boxed goods, and bottled drinks for the Apple Valley High Desert Community Food Bank at our office **October 31 to November 19, Monday-Friday, 9:00 a.m. to 5:00 p.m.** All donations are welcome and appreciated.

WHAT'S INSIDE



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NATIONAL DENTAL HYGIENE MONTH

This October marks the sixth National Dental Hygiene Month, presented by the American Dental Hygienists' Association and the William Wrigley Jr. Company.

As part of the month, the ADHA reminds people

to **"Do the Daily 4"** steps for complete oral care.

1) Brushing twice a day for two minutes each time, in the morning and at night before going to bed.

2) Flossing at least once per day, preferably at

night. This important step removes debris between teeth that brushing may miss.

3) Rinsing with an antimicrobial mouthwash is the third step in a daily oral care routine to help prevent gum disease and bad breath.

4) Chewing sugar-free gum is the final step. It can help clean your mouth when you're unable to brush (though not a substitute!). It stimulates saliva flow, but use in moderation to prevent developing TMJ (jaw joint) problems.

PUMPKIN STAIN LATTE SEASON

Coffee addicts rejoice! It's officially that time of year again—pumpkin spice latte (and pumpkin spice everything) season!

Unfortunately, coffee is also one of the worst offenders when it comes to tooth staining. Dark pigments in drinks such as coffee stick in microscopic pits in enamel, causing yellow staining.

To prevent this, you can abstain from drinking coffee, but how fun is that? An easier solution is to only drink coffee at certain times, instead of sipping it throughout the day. You should also rinse

and/or brush immediately after drinking.

If you still get staining we offer cleaning and bleaching services at our office. The new patient special for cleanings is \$75, and existing patients can get a cleaning for \$88.

Our in-office "Zoom" bleaching treatment includes a one-hour session with LED light, plus custom trays and one tube of 35% carbamide peroxide gel for \$275. For patients on the go, we also offer custom trays for \$175 each (top and/or bottom teeth) plus \$40 for four tubes of gel.



Candy Doesn't Have to Equal Cavities

It's Halloween time. Time to binge on delicious candies!...and be scolded by your dentist for eating so much cavity-causing sugar. Sugar causes cavities when certain bacteria in your mouth eat it and convert it into acid, which eats away at tooth enamel. Minerals in your saliva will repair the damaged enamel, but if you eat too much sugar, it won't be able to keep up.

Instead of completely banning candy, which would be something like cruel and unusual punishment, we have some suggestions for how to satisfy your sweet cravings while reducing the risk of cavities.

Eating Habits

If you *must* have sugar or you'll go crazy, we suggest eating it quickly and infrequently throughout the day. The longer sugar is left to simmer in your mouth, the more time bacteria will spend eating the sugar and creating dam-

aging acid. Snacking on sugary snacks between meals keeps feeding the bacteria. Try to eat less frequently, and also brush, floss and rinse soon after eating to clean away the food and bacteria.

Sugar-Free Candy

With an increase of sugar-free sweeteners came an increase in sugar-free treats, including candy. Also, because diabetes rates have doubled in the past 20 years, there's an increased demand for sugar-free foods that won't drastically affect blood glucose levels.

You can find sugar-free candy or other sweets in almost every store, but some have a larger selection than others. Sugar-free gum is very popular and comes in many juicy flavors. It's available at most store checkout shelves. Drug stores like Walgreens, CVS and Rite Aid,

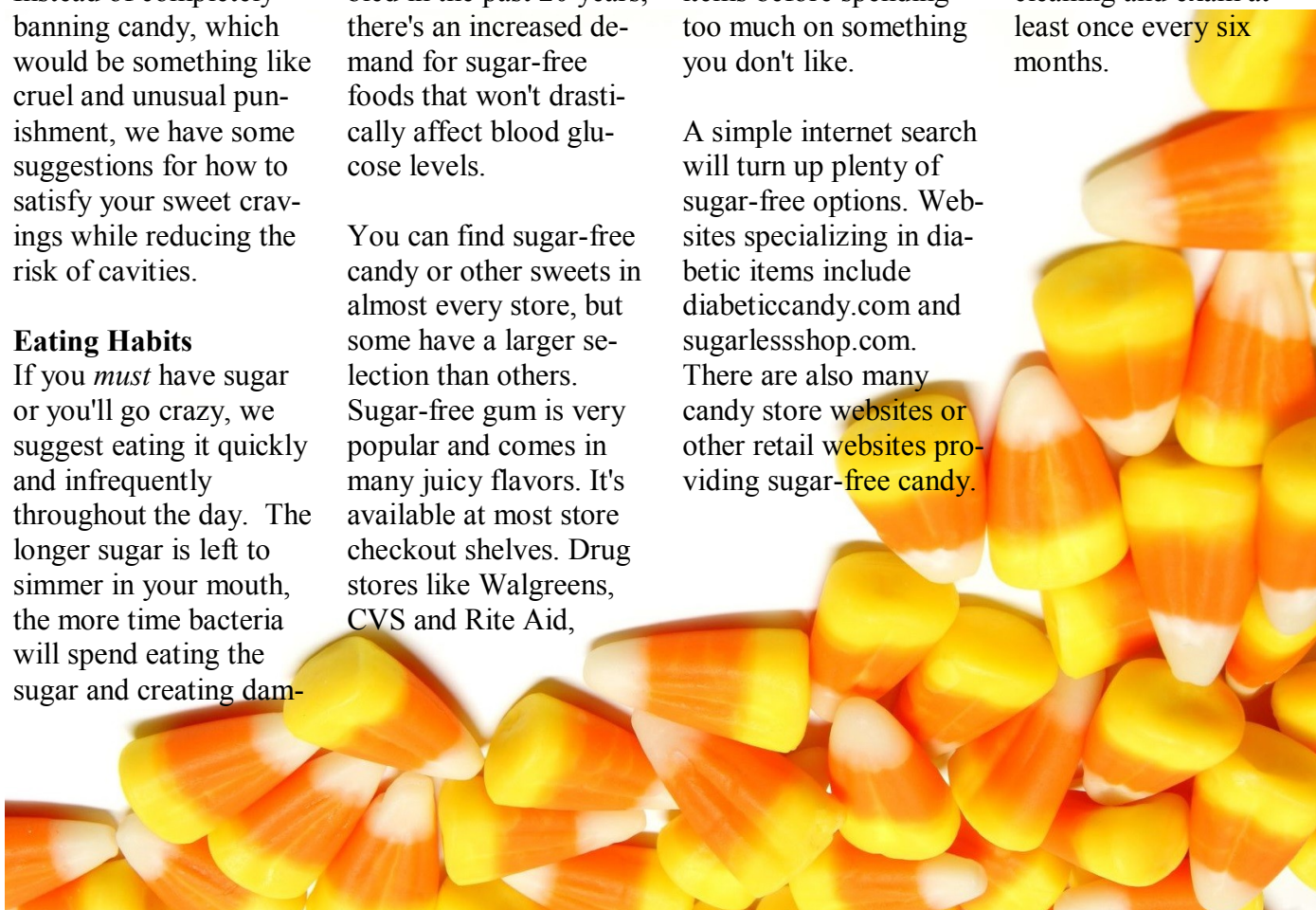
which each have multiple high desert locations, have sugar-free options in their diabetes care section.

Grocery store chain Winco, which has locations in Apple Valley and Victorville, has an entire end display of sugar free candy, including chocolate, in its bulk foods section. You can buy as much or as little as you like, which is helpful for sampling items before spending too much on something you don't like.

A simple internet search will turn up plenty of sugar-free options. Websites specializing in diabetic items include diabeticcandy.com and sugarlessshop.com. There are also many candy store websites or other retail websites providing sugar-free candy.

Dental Hygiene

In addition to reducing sugar intake, good oral cleaning habits will help reduce the chance of decay. Brush at least twice a day, floss at least once a day, and use mouthwash and other cleaning products as desired to aid in good oral health. As always, regular visits to your dentist are recommended to clean even deeper, and to prevent or treat problems while still minor. We suggest a full cleaning and exam at least once every six months.





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NEW PATIENT SPECIAL

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Did you know?

In Eastern European folklore,
you could prevent vampires from
entering your door at night by
throwing seeds on the ground.
They were compelled to count
every seed until sunrise forced
them to leave.

Thus, Count Von Count was
born. Ah, ah, ah!

