

# National Dental Hygiene Month & Halloween

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Most candy lovers associate October with Halloween, but it's also National Dental Hygiene Month — a perfect reminder to take care of your teeth after eating sticky and chewy candies!

Taffy, gummy bears and caramel apples top the list of sweet treats that are tough on teeth, along with sour candies. These tend to be highly acidic and full of sugar, which breaks down tooth enamel over time and causes tooth decay.

In the spirit of National Dental Hygiene Month, here are some suggestions for keeping your smile at its best this Halloween season:

- Drink plenty of water to help prevent sugar's harmful effects. Swish some water around in your mouth after eating candy to help rid your teeth of sticky residue.
- Eat candy right after a meal to increase saliva production, which helps wash away food particles and reduce acid in your mouth.
- Brush immediately after eating to help remove enamel-eroding bacteria.

*Learn more oral health tips at [altusdental.com](http://altusdental.com).*