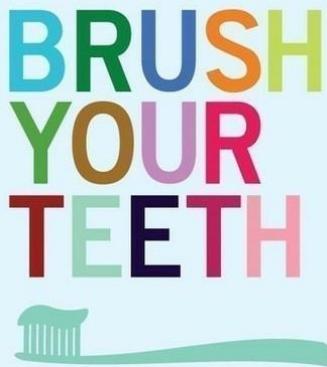


Lakewood Ranch Dental

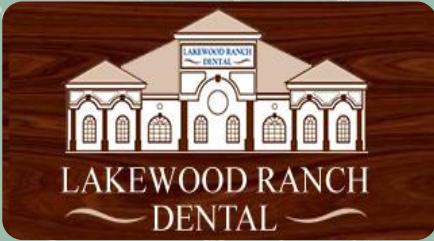
"Committed to Excellence in Dentistry"



NATIONAL DENTAL HYGIENE MONTH

Smile! October is National Dental Hygiene Month!!! We all have the opportunity to be part of a nationwide effort to raise awareness for the importance of good dental hygiene. The focus on National Dental Hygiene Month for the year 2014 centers around the four good components of good oral health maintenance: brushing twice a day, flossing every day, rinsing with mouthwash and chewing sugar free gum. The ADHA and the Wm. Wrigley Jr. company are partnering together to help

raise awareness. October helps all of us remember how important our teeth are. We can help keep our body healthy by keeping our teeth and mouth clean. Evidence suggests that a healthy mouth could be linked to a healthy body (U.S Department of Health & Human Services). Studies also show an association between gum disease and several serious health conditions, including heart disease (ADA, 2014). Research shows that brushing for two minutes is a simple method for reducing plaque and preventing cavities, gingivitis, 2014 and other plaque-related disease. BRUSH, FLOSS, SMILE, REPEAT :)



A Reminder to Like us on Facebook

For those who haven't liked our Facebook page..... please do ☺ It's a fun way that allows people to stay connected. Make sure you like us and continue to follow as we have free giveaways! We also post important dental education material, dental facts, funny content, and much more. We love involving ourselves in community affairs and enjoy sharing the latest update about our office on Facebook.

**We are easy to find just search:
Lakewood Ranch Dental**



What's Brewing in Your Mouth??

Your mouth is a busy place. The average human's mouth contains more bacteria than the entire world's population. There are billions of bacteria living in your mouth at this very moment. Estimates of the number of bacterial species in the oral cavity are between 500 and 700 different types of species. They live on the tongue, teeth and of course the biofilms that cover our cheeks.

The good news is you can help manage and control the bacteria that are brewing in your mouth with good oral health care. Brushing after meals and flossing at least once per day can help remove the source of food to the harmful bacteria. Your diet plays a huge role in managing bacteria. Seeing your hygienist and dentist at least twice a year also is important to catch any problems as early as possible.

Lakewood Ranch Dental
Dentist · Teeth Whitening · Family
Doctor

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• Message from the Doctor



Michael S. Kanter, D.M.D.

I remember as a kid being so anxious for Halloween! We all tried to see whose pillowcase would fill up the most. I even remember a local dentist handing me a toothbrush and I'm not sure if I even added that to my collection of candy. I may have put it in my sister's pillowcase. What can I say, kids will be kids. We as parents need to let our kids enjoy their Halloween; however, also look after their overall health. It all starts with oral health.....

Excess candy without proper dental hygiene can lead to tooth decay and cavities. Parents can help prevent children from tooth decay during Halloween by making sure they are keeping up on their brushing. Be sure your children are **brushing** their teeth especially after they eat a sweet treat. **Be Selective** on what they are consuming and how much. Not all treats are bad for kids. Try to avoid really sticky candy like caramels that can linger and stick to teeth for a long time. And for those of you wondering...if you trick or treat at my house you will receive a toothbrush!



HAVE A SAFE AND HAPPY HALLOWEEN



Lakewood Ranch Dental

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