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Movers & Shakers

4B



Out and About

MORE THAN
\$183
IN SAVINGS
INSIDE
THIS ISSUE

PLANO *insider*

In the Community. With the Community. For the Community.

SUNDAY, NOVEMBER 2, 2008

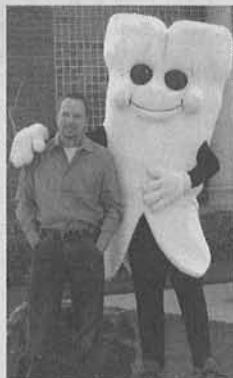
DON'T BE LEFT OUTSIDE THE *insider*

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inside PLANO LIFE

5 things...

you can do to help keep post-Halloween cavities at bay.



By the Ambassador of Smiles, Mighty Molar Man, and Dr. John Bond, Founder and CEO of 6 Day Dental & Orthodontics.

1. Brush-a-rama. It seems simple, but is easily forgotten around holidays. Kids need to be brushing and flossing at least twice a day. With the overload of candy, it might be a good idea to bump it up to three.

2. All You Can Eat. Let your kids have as much candy as they want (or as much as you can handle) for a couple of days following Halloween. When this time is up, throw out all remaining candy. It is better to allow for this and incorporate more frequent teeth cleaning than to let your kids get into the habit of having sweets every day.

3. First Thing's First. Encourage your

kids to eat the sugarless candy first, so the candy that is worse for teeth is part of what is thrown out — with less “damage” done.

4. Sugar-freeze. Freeze the chocolate candy that you received so it takes longer to eat, and hopefully after a while, you'll all forget about it!

5. Let's Make a Deal. Set up a deal with your kids to trade in their candy to you for cash or something else they've been wanting.

Visit www.6daydental.com for more information.