

Neil M. Katsura, DDS  
Arnold H. Nakazato, DDS  
Carole S. Miyahara, DDS  
Carolynn Vuong, DDS, MS

Robert A. Khalil, DDS  
Ameneh Khosrovani, DDS, MS  
Amita Ruehe, DDS, MS



## Sugar, teeth and the Holiday Season

The holiday season is upon us! After our sugary Halloween, we have Thanksgiving and the winter holidays just around the corner. This time usually involves an increase in sweet treats, candy, and snacking. COVID-19 and online schooling has presented challenges for most families with children not having the same routines around personal care and hygiene. We at Aloha Pediatric Dentistry wanted to give you a few tips to keep the season healthy and fun!

1. Schedule a "sweet hour" during which children can eat all their candy, sweet desserts and treats. Schedule this hour once or twice a week and right after a nutritious meal. This helps decrease the amount and frequency of eating not-so-healthy treats. Frequent snacking on fermentable carbohydrates contributes to increased acid production in the mouth and an increased risk of developing cavities.
2. Give children reminders about personal hygiene. Encourage waking up a few minutes earlier in the morning, brushing teeth and washing their face before starting their day.
3. Have plenty of healthy snack options at home and keep them in areas where they are more easily accessible. Please review our website for healthy snack options.
4. Give reminders about drinking water. Encourage water swishes after snacks, drinks and meals.
5. Regular dental check-ups are beneficial. If you have postponed your child's dental visit, please be aware that regular checkups can help diagnose and prevent dental pain, infection and emergencies. If you have funds left over in your FSA or your dental insurance covers 2 check-ups a year, use these resources before they expire. Please email us at [appointment@alohakidsdds.com](mailto:appointment@alohakidsdds.com) or text/call us at 510-848-6494 with your preferred date, time, location and doctor to schedule your child's dental check-up.

Our dental check-ups are scheduled with social distancing in mind, with stringent infection control protocols and completed as efficiently as possible to ensure the safety and well-being of our patients, staff and community!

We thank you for your continued partnership in ensuring the health of our children and community. Have a wonderful, healthy and safe holiday season!

With much Aloha,

The doctors and team at Aloha Pediatric Dentistry

2640 Telegraph Ave. # 101  
Berkeley, CA 94704

T: 510.848.6494 • F: 510.848.9329



906 Ensenada Ave.  
Berkeley, CA 94707

T: 510.528.1546 • F: 510.528.4362



3 Altarinda Rd., # 210  
Orinda, CA 94563

T: 925.253.8190 • F: 925.253.8199

[www.alohakidsdds.com](http://www.alohakidsdds.com)