

Healthy Halloween

Novi dentist suggests healthier treats for children

BY KELLY MURAD
STAFF WRITER

As kids dressed as ghosts and goblins take to the streets tomorrow night, Dr. Justin Geller will be passing out sugar-free candy and toothbrushes.

Geller, of the Novi-based JMG Dentistry, warns of the dangers of common treats masked as healthy snacks.

"A lot of people think that granola bars are a healthy food for you, when in fact the sugars in there are almost equivalent to that of a candy bar," said Geller, noting fruit snacks are another treat often misconceived as healthy, but loaded with sugars. "Sugar is the most important dietary factor in leading to plaque and cavities."

Geller said kids make up 20-25 percent of the clientele at his family practice, located at 14 Mile and Novi roads, and their biggest issues are cavities and plaque formation.

Along with sugar-free candy and gum, other alternatives Geller recommends to pass out this Halloween include bags of pretzels, Goldfish crackers or popcorn; and non-food items such as markers, crayons and Play-Doh.

"A healthy mouth actually leads to a healthy body," Geller

CANDY BUY-BACKS

GOODMAN ORTHODONTICS

42430 W. 12 Mile Road

(248) 465-7500

8 a.m. to 5 p.m. Nov. 3; 9 a.m. to

6 p.m. Nov. 4; 7:30 a.m. to 3:30

p.m. Nov. 6

JMG DENTISTRY

31202 Novi Road

(248) 926-4030

10 a.m. to 7 p.m. Nov. 3; 9 a.m. to

6 p.m. Nov. 4; 8 a.m. to noon Nov.

5; 9 a.m. to 5 p.m. Nov. 6

said. "I eat candy, but I understand the importance of brushing and flossing."

Candy buy-back

For the past four years, Drs. Robert and Sindy Goodman have been hosting a Halloween candy buy-back at Goodman Orthodontics.

Since Halloween candy can be damaging to orthodontic patients' braces and teeth in general, the Goodmans are offering participants of the buy-back \$1 per pound of donated candy, and will make a matching contribution to the Make-A-Wish Foundation.

Orthodontic patients are advised to avoid any foods



PHOTO BY JOHN F.

Camryn Geller, 2, middle, and Cole Panza, 3, visit Camryn's dad Dr. Justin Geller for a Halloween lesson on what to give for treats tomorrow that are friendly. Geller, a dentist, suggests sugar-free lollipops and Play-doh.

that are sticky, chewy, hard or crunchy. The candy received will in turn be donated to a local food shelter.

Geller is participating in a

similar candy drive program where he is offering \$1 per pound of donated candy and making a matching contribution to Make-A-Wish Foundation,

but the collected candy at JMG Dentistry will be donated to Soldiers' Angels, an organization that puts together care packages for troops stationed overseas.

"We're going to try candy out of the kids and hopefully decrease amount of cavities in of November," Geller