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Beware Hidden Sugars in Child's Drinks and Snacks

If you are like most parents, you watch what your child eats and drinks. You encourage your child to eat a balanced diet without too many desserts and sweets.



But are you underestimating the amount of sugars in your child's drinks and snacks? Here are a few examples of child-friendly food and drink that are loaded with sugar:

- Fruit snacks don't contain much fruit and are loaded with sugar and corn syrup. Most varieties have little nutritional value and are just like candy.
- Granola bars are chewy and crunchy and appear healthy but contain lots of sugar. Read labels carefully and select those with low sugar and fat content.
- Soda as well as flavored water, sports drinks and fruit drinks are mostly water and sugar. Most fruit drinks have little to no fruit content and as much sugar as soda.

How To Limit Your Child's Sugar Consumption - Painlessly

- Read labels smartly - sugar is measured in grams so remember that 4 grams is 1 teaspoon.
- "Natural" sweeteners like fruit purees and concentrates are just processed sugar by another name.
- Go smaller with dessert servings - don't use soup bowls for ice cream.
- Offer your child one treat every day rather than dessert and a sweet drink with each meal.
- Stay away from processed foods. A healthy breakfast choice like oatmeal becomes much less healthy when presweetened. Stick to plain oatmeal with a little sweetener that you add.
- Avoid soda altogether by letting your child make a fizzy drink with seltzer and a little juice.

Remember that bacteria in the mouth utilize sugar from food and drinks to make damaging acids that lead to tooth decay. Reducing the amount of sugar in your child's diet is better for overall health as well as oral health.

Do You Know These Surprising Symptoms of Health Problems?

Many of us ignore what we consider to be minor health symptoms, but that's not always the best idea.

Some symptoms that appear to be minor may be early warning signs of a more serious problem, even cancer or heart disease. Here are a few symptoms that should be brought to a doctor's attention to prevent possible progression to a serious and costly medical condition:



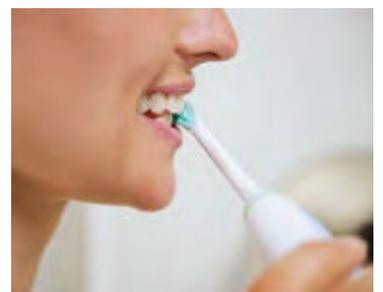
- **Blurred vision** may mean that you need corrective lenses. But sudden blurring of vision can be associated with multiple sclerosis, stroke and diabetes.
- It may be difficult to identify the cause of **dizziness**. Dizziness may be a symptom of an ear infection. Individuals with Ménière's disease may show dizziness along with vertigo, tinnitus or ringing in the ears and hearing loss.
- **Frequent urination** - more than 8 times a day - can be a sign of an enlarged prostate in men and can lead to urinary tract infection if untreated. In women, too, frequent urination can be a sign of a urinary tract infection that can cause kidney damage. This symptom is also associated with diabetes and stroke.
- **Itchy skin** can be annoying but it can also signal a disorder like psoriasis and dermatitis or even liver disease and some types of cancer.
- **Heartburn**, where stomach acid flows back into the esophagus, can cause esophageal ulcers and even esophageal cancer.
- **Shortness of breath** while resting may point to a serious heart or lung disorder. Chronic shortness of breath is associated with asthma and obesity.
- **Changes to bowel movements** like diarrhea may be a sign of a bacterial or parasitic infection. Parasites can cause serious problems like pregnancy complications, heart failure or seizures. Other causes of sudden bowel movement changes include inflammatory bowel disease and colon cancer.
- **Fatigue** is a common symptom of many health problems including heart disease, thyroid disease and Lyme disease.
- A **lingering cough** especially with blood can be a sign of bronchitis, emphysema and lung cancer.

Think of these as potential danger signs rather than minor, annoying problems and call your doctor for an evaluation.

July is Oral Health Month

Because July is Oral Health Month as designated by the American Dental Association (ADA), it's a great time to think about your oral health care. Are you brushing twice a day? Flossing daily? Rinsing daily with an anti-bacterial mouth wash?

Take good care of your teeth and overall oral health as well as that of your children to keep your mouth and body healthy!



Brush Up on Dental History:



In 1822, the average American consumed about 45 grams of sugar every five days - the amount in one 12-oz can of soda. Today a typical American will consume 756 grams in five days - that's nearly 17 cans of soda or 189 teaspoons!

Recipe of the Month

Grilled Zucchini Halves with Chopped Tomato-Basil Salsa

Here's a great veggie dish for your next cookout.

Step 1:

- Cooking spray
- 2 medium zucchini, halved lengthwise

Heat a grill pan over medium-high. Coat pan with cooking spray. Add zucchini; cook 4 to 5 minutes on each side.

Step 2:

- 1 cup chopped tomato
- 2 tablespoons chopped fresh basil
- 1 tablespoon chopped fresh chives
- 1 tablespoon olive oil
- 1 teaspoon fresh lemon juice
- 3/8 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper

Combine ingredients in a bowl; toss. Spoon salsa evenly over grilled zucchini halves.

Recipe courtesy of www.myrecipes.com



What's Happening in New Fairfield

Aug 12

7th annual Putnam County Wine & Food Fest
Abruzzi and Westview Golf Driving Range
Patterson, NY
<https://goo.gl/D1WmMZ>

Aug 17 - 18

Amber Room Run from the Sun 5K
The Amber Room Colonnade
Danbury, CT
<https://goo.gl/Do3mSv>

Aug 18

Forever Grateful Music Festival
Ives Concert Park
Danbury, CT
<https://goo.gl/h8FpAq>

Aug 20

Sharing SPACE featuring Hudson Valley Shakespeare Festival
SPACE on Ryder Farm
Brewster, NY
<https://goo.gl/pZjJ6U>

Sep 8

Charlie Daniels Band
The Ridgefield Playhouse
Ridgefield, CT
<https://goo.gl/Mf4Ws4>

Sep 9 - 10

Taste of Danbury
City Center Danbury Green
Danbury, CT
<https://goo.gl/Hkw7Mh>

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Meet our Doctor



Dr. Lorraine Burio

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Sep 9 - 10

St. Peter's Annual Apple Festival
St. Peter's on the Green
Monroe, CT
<https://goo.gl/LKwz61>

Sep 15

Dan McLean
Paramount Hudson Valley Theater
Peekskill, NY
<https://goo.gl/5tXACb>