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Kids always want to help with the pumpkin carving. Small children shouldn't be allowed to use a sharp knife to cut the top or the face. There are many kits available that come with tiny saws that work better than knives and are safer, although you can be cut by them as well. It's best to let the kids clean out the pumpkin and draw a face on it, which you can carve for them.



Brush up on your Dental Health. Your teeth are closer to your heart than you think. Periodontal or gum disease and tooth loss are linked to coronary artery disease. Brush and Floss your teeth twice a day, go easy on sweets, and see your dentist as directed.



Have a Healthy Halloween



Halloween is a great time for kids. They have lots of fun with parties and with trick-or-treating. The problem for moms and dads is deciding what to do with those big trick-or-treat bags full of sweets. Many kids have difficulty with their weight and loading up on all that sugar isn't a good idea. Here are a few tips to help control your children's consumption of treats:

- Serve your kids a healthy snack such as a peanut butter sandwich and some fruit before trick-or-treating. If they aren't hungry, your kids will be less likely to gorge themselves on candy when they get home.
- Let your children enjoy some of their Halloween candy in moderation when they have finished trick-or-

treating -- after you have inspected the treats for safety. Keep a close eye on the kids who tend to binge so they don't eat too much candy.

- Give your kids a day or two to enjoy the Halloween candy, then throw the rest away. Many people think this is wasteful. However, if your child has difficulty controlling his candy consumption, this may be what you need to do.
- If you don't want to throw the candy away, give it away. Take the rest of the candy to work or group meetings. Hopefully, the adults will have good control over their candy consumption..

You can also help to promote a healthy Halloween by handing out alternatives to candy Like pencils, party favors, stickers, or even trading cards.

Another alternative to candy would be to give out individually packaged non-sugary treats including:

- nuts
- raisins
- sunflower seeds
- pumpkin seeds
- cashews
- chips
- microwave popcorn
- whole grain crackers



Information courtesy of About.com



Avoid Scary Tooth Decay This Halloween

Who doesn't love candy at Halloween? Your kids will most likely come home from trick-or-treating with tons of candy. Sugary candy can lead to tooth decay but following a few simple steps can help you and your children have a fun Halloween without the nightmare of harming their teeth in the process.

1. Don't let your kids gorge on Halloween candy all night.



Teaching your kids moderation on Halloween is important. Monitor that your children are brushing their teeth three times a day.



2. Make sure that your children use an age-appropriate fluoridated mouthwash every evening.
3. Avoid or limit candy such as caramels, candy corn, jelly beans, and taffy. These particular candies are extra sticky, making it hard for saliva to wash away the sugar.

4. Give your kids sugar free gum to chew. Not only does sugar-free gum help prevent cavities, it also helps neutralize the effects of sugar from the candy. Therefore, it combats the bacteria in plaque that causes cavities.

Halloween is a fun holiday and you shouldn't have to worry about things like tooth decay. By practicing good oral hygiene and using moderation, your kids can have a fun and safe Halloween and still enjoy the candy!



Did you know when stressful situations go unresolved, the body stays tense? That tension contributes to fatigue, insomnia, backache, headache, and digestive problems. Chronic stress may also lay a role in heart disease and psychological disorders such as depression and anxiety. First steps to control stress: learn what is causing it and find time to relax every day



Fall is the perfect time to have your heating systems checked and cleaned. The service person can check for leaks and clean out mold and dust that can make you sick. A well functioning heating system can help prevent problems with carbon monoxide gas.

Smoke detector batteries should be checked and changed twice



yearly. Most experts recommend doing that in the spring and fall with the time change. Remember

National Breast Cancer Awareness Month



October is National Breast Cancer Awareness Month.

All women over the age of 20 should be doing a self breast exam every month. Your Doctor should check them at least once a year. Women over 40 should get a Mammogram every 1-2 years.

Doing all of these things will give you the best chance to find cancer as early as you can.

Finding it early makes treatment much easier and more effective.

Here are a few other ways to help lower your risk of Breast Cancer:

Control your weight and exercise. Make healthy choices in the foods you eat and the kinds of drinks you have each day. Stay active.

Know your family history of breast cancer. If you have a

mother, sister, or daughter with breast cancer, ask your doctor what is your risk of getting breast cancer and how you can lower your risk.

Find out the risks and benefits of hormone replacement therapy. Ask your doctor about the risks and benefits of hormone replacement therapy and find out if hormone replacement therapy is right for you.

Fall Health Tips

This Fall season follow these tips to help you and yours stay in top health and be your best during the seasonal and all year long:



Flu Shots - Check with your doctor or your local public health department to find out when the annual flu shot is available. If

your doctor can give you the shot in the office combine it with a check-up. If your doctor does not give the shot check on local events for flu shot administration. Remember that the flu shot is recommended for all adults, especially those with a health condition such as diabetes or heart disease that makes them more at risk for the serious complications of the flu.

Exercise - Exercise is important all through the year, but can help you get in shape for the winter months. If you exercise by walking outdoors, it may be time to locate other places you can walk that are protected from harsh winter weather. Indoor shopping

malls are great places to walk and often have walkers clubs that offer discounts. With the days getting colder, take a few extra minutes to warm up your body and stretch your muscles before you exercise.

Diet - Add all the fall vegetables to your diet. Many of the root vegetables are in season now and are an inexpensive and nutritious way to add variety to your diet.

Drink More Water - You can experience dehydration even during the winter. Dry central heat robs your body and skin of vital moisture. If you keep hydrated your mucous membranes also stay hydrated, working much more effectively to filter our disease causing organisms



Sunscreen - Yes, even in the fall and winter months you should be thinking about sunscreen. If you're a skier, don't forget your sunscreen. The snow reflects the sun's rays and can quickly burn your skin.

Don't let the cold temperatures fool you.

Cold and Flu - Cover your face when you sneeze or cough, and wash your hands often to help stop the spread of the season's cold and flu germs. Get a flu shot if you are 65 or older; or if you have a chronic disease of the heart, lungs or kidneys.



Also, be aware of Fall allergies. Late summer and early fall bring on another season that triggers allergic reactions. Outdoor molds become plentiful in the fall in gutters, soil, vegetation, rotting wood and fallen leaves. You can reduce your exposure to Fall allergens. For example, avoid being outdoors in the morning hours between 5:00 and 10:00 a.m. when pollen dispersal is peaking; avoid lots and fields where ragweed grows; shower and wash hair immediately after coming in from outside activities, and especially before going to bed; keep the windows and doors of your home and car closed.

Remember, it is important to do what you can to stay healthy all year long and now