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*Get ready for Frightful Finger Cookies, Black Cherry Fruit Bats,  
Meatloaf in Pumpkin Squash and Spider Bites*  
**Orthodontists Recommend 'Friendly Treats' For Halloween**  
***Beware: Certain Treats Can Bite Back***

**(FALL 2011)** -- In order to balance the month-long focus on the Halloween trick-or-treat candy that kids collect and hope to devour on the last day of the month the American Association of Orthodontists chose October as National Orthodontic Health Month.

Local Orthodontists Dr. Robert Chavez and Dr. Andrew Chase, who operate seven ARCH Orthodontics offices south of Boston, use the occasion to remind kids (and their parents) about tooth and brace care, types of foods to avoid, and about good eating habits.

Dr. Chavez and Chase have posted several 'braces-friendly' recipes on their website during October ([www.archorthodontics.com](http://www.archorthodontics.com)) including green frightful finger cookies (with almond slices for fingernails), black cherry fruit bats, meatloaf in pumpkin squash, spider bites and spooktacular pumpkin cake.

Dr. Chavez, who launched ARCH in Stoughton 38 years ago, says, "These recipes are fun to make, fun to eat, and they will help keep braces intact so they won't put a dent in your smile." The recipes were created by Pam Waterman, author of the *The Braces Cookbook*. The author said, "These recipes are delicious, allow Orthodontic patients, like my son, to enjoy the holiday without causing harm to their braces, and they're fun to make together." Orthodontic patients are urged to avoid foods like caramel, nuts, popcorn, taffy, jelly beans, hard pretzels, licorice, gum, taco chips, and ice. "If it's sticky, chewy, hard or crunchy, it's not orthodontic-friendly," says Dr. Chase.

Again this year, ARCH Orthodontics will collect Halloween candy that is donated by their young patients and send it to U.S. troops overseas. Candy will be weighed and patients will receive 100 ARCH OrthoReward Points for each pound they donate. During October patients may also enter a 'Count the Candy Corn Contest,' and on Halloween, there will be a Costume Contest at ARCH's Brockton, Stoughton, Randolph and Hyde Park offices. Adding to the excitement is a photo contest, "Your Smile Is A National Treasure." (See website for details.)

ARCH Orthodontics is the Official Orthodontist of the Miss Massachusetts Scholarship Foundation. The practice has offices in Stoughton, Bridgewater, Brockton, Canton, Hyde Park, Randolph and Westwood. Arch Orthodontics offers free initial consultation including digital photos and panoral x-rays. For more info: [www.archorthodontics.com](http://www.archorthodontics.com) / 1-800-28-SMILE.

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