

Strauss Chiropractic Center

October 2026 Newsletter



1405 Frosty Hollow Road, Levittown, PA 19056 * 215-946-6815 * www.strausschiropracticcenter.com

Thanks for referring your friends and family to our office in the month of September.

Rob Genco
Kathy Sheehan
Rosa Gonzalez
Maya Schuch
Allettia Kang
Fausto Arias
Darshakkumar Patel
Taylor Chambers
Lauren Ramsden
Cindi Pallotta
Frank Rizzo
John Rizzo
Colleen Kitchenman
Nagendra Konagala
Tracy North
Stephanie Sosa
Wajeeha Rehman
Dalbir Singh
Rajbir Kaur
Rachel Devlin
Nita Kessler
Jocanta Ras
Shanay Scott
Chance Wideman
Eraldo Aparecido Do Carmo

Nasir Mahmood
Lisa Watto
Mick McDermott
Arianit Dita
Olga Arbitman
Karla Pineda
Rashmi Sharma
Ricardo Bertrand
Sachin Patel
Jessica Ibrahim
Meghan Dressel
Dawn Griffin
Dawn Keen
John Booker
Colleen Reilly
Tim Brophy
Dalton Turner
Dipika Prajapati
Pritesh G. Patel
Voytek Kaniewski
Robert Deeley Sr.
Lauren Herbst
Kim Findlay

Stay Connected!

With the recent office closing for the parking lot paving, many people realized that they aren't as connected to our office as they could be.

Join our email list, follow us on Facebook, visit our website, or collect our calendars every month so you know what's going on here at the office!

We update our Facebook and send emails for updates after the calendar comes out as well!



Thank you...

- *Joan Iorio for the veggies.*
- *The Bickels for the tomatoes.*
- *Ruthie Washington for the fuzzy slippers.*



Congratulations to Lexi Blackmon on the birth of her baby boy!

August Noah
born on August 12th
5 lbs, 7 oz
18 inches



Trick or Treat

Have you figured out what you will be for Halloween this year? Many of you will probably be action characters, maybe Batman. Or perhaps you'll be a princess, a spooky ghost, or something completely different. Whatever you are, one thing is for sure: you're going to end up with LOTS of candy!!! And while candy is a fun part of Halloween, all that sugar isn't so good for your teeth. But wait... once you discover how **AMAZING** your teeth really are, you're going to want to take good care of them.

Your teeth really are **AMAZING**! Think about it: when you're born, it looks like you don't have any teeth at all. But they're actually hiding beneath your gums, just waiting for their time to make an appearance! Your first teeth usually begin popping through when you're still a baby. By the time you're about 3 years old, you'll have your first full set of teeth. These are called baby teeth, and there are 20 of them. But those teeth aren't meant to stay forever! As you grow, around age 5 or 6, your baby teeth begin to wiggle, fall out, and make room for your permanent teeth.

And that's not the only **AMAZING** thing about your teeth. Take a close look and you'll notice they aren't all the same shape. That's because different teeth have different jobs! Some are designed for biting and tearing, while others help crush and grind your food. Pretty **AMAZING**, right? Your teeth work together like a perfectly organized team every time you take a bite!

Your teeth are tough too! Each tooth is covered with a super-strong outer layer called enamel, the hardest substance in your body. Think of enamel as your tooth's protective shield, helping keep the inside safe. But even a super-strong shield has its limits! Your teeth are made for eating, not for opening things. If you chip or break a tooth, it won't simply grow back or heal the way a broken bone can.

If you break your arm, the bone in your arm can heal. But if you break your tooth, it doesn't heal the same way, so taking care of your

AMAZING teeth is really important. And guess what? Your teeth aren't just important for eating. They also help you speak clearly!

Say the word "tooth" and pay attention to what your tongue, lips, and teeth are doing. Your teeth are part of the team that helps turn sounds into words! Can you feel your tongue hit the back of your front teeth at the beginning of the word and then again in a different spot as you say the end of the word? Say it again... "tooth." Our teeth help us sound out different letters in different ways! **AMAZING**, right!?! And all the more reason to take care of them.



So, teeth are really **AMAZING**!! They are all different with different jobs. They are super strong. And they help us talk. But maybe the most **AMAZING** thing about teeth is how they make people feel when you show them your smile. Go ahead and try it. Smile as BIG as you can! How does it make you feel? Now turn to someone nearby and give them that same big smile. That's the wonderful thing about a smile. It doesn't just make you feel good. It can brighten someone else's day too.

So, when Halloween arrives, have fun, enjoy your candy in moderation, take good care of those **AMAZING** teeth, and remember to flash your biggest, brightest smile when you say... "Trick or Treat!"

-Judy Campanale, DC, ACP