



Dr. Foster Smiles

Smilesbydrbob.com



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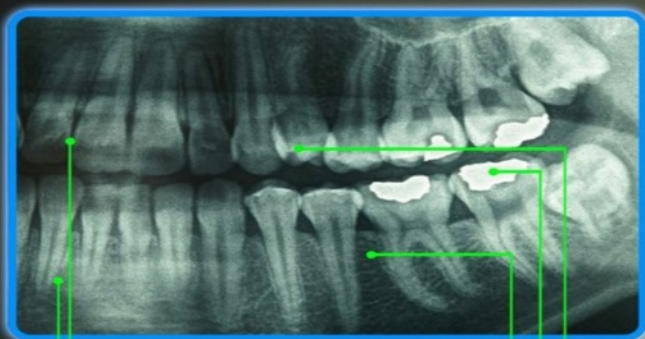
770-971-5119



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Reasons Why Dentists Take X-RAYS



LOOK FOR DECAY BETWEEN TEETH:
Sometimes decay isn't visible to the naked eye and exists in areas the dentist cannot see.

CHECK FOR BONE LOSS ASSOCIATED WITH GUM DISEASE:
Gum disease can cause bone loss and an xray will show how advanced it is.

CHECK FOR DECAY UNDER FILLINGS:
Sometimes decay under fillings can occur and can only be seen with an x-ray

LOOK FOR INFECTION AT THE TIP OF THE ROOT:
Infections can appear at the very bottom of your teeth where the bone is, which needs to be confirmed using an xray.

EXAMINE THE AREA BEFORE PROCEDURES:
Dentists need a full view of the teeth and bone before procedures such as braces, implants and tooth removal

INFOGRAPHIC COURTESY OF

DentAbout.com
Information about Dental Procedures and Common Dental Problems

Cavities May be Directly Related to the Food you Eat

The more acidity you intake, the more bacteria is formed in your mouth. This ultimately causes plaque, decay and bad breath. The sad truth is that the average American eats mostly acidifying food, with minimal alkalizing intake. The right balance between the two should be 75% alkalizing foods, and 25% acidifying foods.

A healthy pH balance in the mouth can explain why many people can consume lots of sugary food and drink, seemingly take little care of their mouth, and yet do not have cavities. At the same time, many people who are extremely diligent about their diet and home care continue to get cavities because the bacteria in their biofilm (plaque) are primarily cavity causing bacteria. These people continue to be very susceptible to small changes in pH. People with high acidity diets have more cavities, but may have less hard deposits while people with a more alkaline diet will have fewer cavities, but more apparent hard deposits when they have their professional cleaning. This can really puzzle a patient—I brush and brush; but I STILL have cavities.

So, the key to this debacle is to keep the right balance between acid and alkalizing food. But, which is which?



In addition, chewing sugar free gum after eating stimulates the flow of saliva, rinsing the teeth of bacteria. Additionally, chewing gums containing Xylitol may actually help prevent cavities.

Rinsing with fluoride helps return an acidic mouth to a more alkaline one, also preventing the cavity causing bacteria.

Mango Guacamole Dip



Photo: Christopher Testani; Styling: Paige Hicks

3/4 cup diced peeled mango
1/4 cup chopped red onion
1/4 cup chopped fresh cilantro
1 1/2 tablespoons fresh orange juice

2 teaspoons fresh lime juice
1/2 teaspoon kosher salt
2 firm ripe peeled avocados, diced
1/2 finely chopped seeded Serrano Chile
Combine first 8 ingredients in a large bowl; toss well.

Serve guacamole with tortilla chips.

Patient of the Month



Nicolas Broadus

This special young man is 4 years old and attends Primrose School in Woodstock. In August he will start Pre-K. On Fridays, he takes soccer lessons.

He loves assembling Legos and can spend hours building them. We asked how he knows where each piece goes and he said, "I just follow the directions".

He enjoys watching the Braves, dancing (we think to his favorite singer Bruno Mars) and watching movies with Grandpa. Running and jumping are also some of Nicolas' favorite pastimes.

We wonder if Nicolas is interested in photography as well. He wanted a "retake" on his picture. This one meets with his approval.

We love to see Nicolas come in. His giggle and smile is infectious!

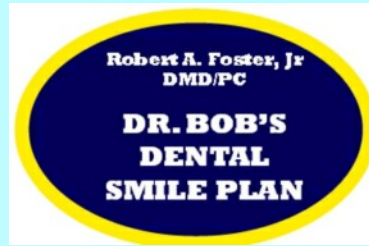
Congratulations, Nicolas!



A chemical in red wine called proanthocyanidin has strong antioxidant properties that prevent bacteria from sticking to saliva and teeth.

Too Bad it also stains!

ASK US ABOUT OUR PLAN



Finally, a Plan that has no exclusions, no deductibles, no waiting requirements, no missing tooth clause, PLUS, a dentist that has been selected as Atlanta's Top Dentist.

For details visit our website or call us at 770-971-5119

60% of the general population are unaware that a sore jaw when combined with chest pain can signal a heart attack- especially in women.



Our practice continues to grow from your kind recommendations.



Tell your Friends about us. When they come in for their New Patient Examination, you will get a \$25 credit for your expression of confidence.

Are Dental checkups Necessary if you have Dentures?

We recommend that you see us yearly. Dr. Foster will examine your mouth for any signs of oral disease like oral cancer and evaluate the fit of the denture itself.



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Over time, there are natural changes that occur in the mouth. Gum ridges shrink causing the dentures to fit poorly or the artificial teeth may wear and cause the bite to be inadequate. If you rely on denture adhesive to keep your denture from moving, you may need a reline or a rebase of your teeth. We can determine this at the same appointment.

We will clean your dentures with special cleaners that will get all the stains off your dentures giving you that new smile all over again.

Just because you have artificial teeth does not mean you can skip the dentist forever and ever.

If you have dentures and have not seen us in a while, please call us and we will get you scheduled.

An hour of your day would be adequate and it will give you a whole year of peace of mind.