



Dr. Foster Smiles

1230 Johnson Ferry Place
Suite C-10
Marietta, GA 30068
770-971-5119



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Smilesbydrbob.com



**Wishing You
and Your Family
a Wonderful
Passover and
Easter.**

Relief is Just a Spray Away

Some medications cause dry mouth which can cause bacteria to hang around and cause decay.

AllDay Dry Mouth Spray's mild mint flavor provides 25% better moisture retention than Biotene® Spray for rapid relief.

Allday has a neutral 7.0 pH, is sugar free, alcohol free, and does not contain any artificial or cavity promoting sweeteners.

Get ALLDAY Dry Mouth Spray at our office for only \$10.



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For an annual fee members receive two cleanings with exams, any necessary x-rays, unlimited problem focused exams and discounts on other services for an entire 12 months.

Single, Dual, and Family plans available.
For more information call us at 770-971-5119

The Various Stages of a Cavity



During your regular examinations after your cleaning, Dr. Foster checks areas of your teeth. He may recommend a sealant for areas of children's permanent back teeth to prevent a cavity. Other times he may find an actual cavity which is a hole in the tooth. Have you ever wondered what happens when you neglect his recommendations?

A sealant is a protective plastic type material that protects the deep grooves on the top surface of the chewing teeth from cavities. As long as you keep your regular scheduled appointments, the sealants are guaranteed for 3 years. To make them last longer, stay away from sticky foods and chewing gum.

A cavity forms first as a tiny white spot in the enamel—the outer layer of tooth. Because of the acidic foods we eat, the enamel takes a beating. The appearance of white spots shows that the enamel has been damaged and a cavity may be starting. This stage of a cavity is actually reversible!

During enamel decay, the tooth enamel will start breaking down causing the softer dentin to be subject to harm. Although this cavity is not reversible, it can be repaired with a simple filling.

Once decay progresses past the enamel and dentin, you may start experiencing pain because the cavity (decay) has progressed into the pulp, the living part of the tooth that houses the nerve of the tooth. Once into the nerve of the tooth, the tooth begins to die. A filling will no longer fix the tooth. If the problem still progresses beyond this point, the infection will eat through your pulp and begin to infect the tissue and nerves inside the tooth. This becomes painful to most patients. It causes a pocket of infection that will be physically visible on the outside gums or even your cheeks. At this point a root canal could still save the tooth, or you may need to have the tooth extracted to rid your body of the infection.

So, during the stages of a cavity development, there are plenty of opportunities to stop the decay as well as treat it in a simple manner. Notice the white spots that could lead to cavities, always get regular dental check ups, and follow your dentist's recommendations to catch cavities while they are still small.



Photo: Jennifer Causey; Styling: Missie Neville

Roasted Butternut Squash with Pecans

Ingredients

2 (11-ounce) containers peeled diced fresh butternut squash

- Cooking spray
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1 1/2 tablespoons butter, melted
- 2 tablespoons chopped pecans, toasted
- 1 tablespoon finely chopped fresh sage

How to Make It

1. Preheat oven to 425°.
2. Arrange butternut squash in a single layer on a rimmed baking sheet; coat with cooking spray. Sprinkle evenly with salt and pepper. Bake at 425° for 15 minutes or until browned, stirring halfway through cooking.
3. Place butter in a large bowl. Stir in squash, pecans, and sage; toss to combine.

Serves 4

Courtesy of MyRecipes.com



Our practice continues to grow through your kind recommendations. Tell your friends about us.

When they schedule a new patient examination with us you get a \$25 credit for your expression of confidence.

Sweet or Sour?

If you have a sweet tooth craving, remember this: Eating sour-flavored candy is almost like putting battery acid on your teeth. The ingredients they use to make it taste sour is worse for your teeth than sugary candy.



Do You Slouch in Your Chair?

If you experience frequent headaches and pain in your lower jaw, check your posture and consult your dentist. Poor posture places the spine in a position that causes stress to the jaw joint. When people slouch or hunch over, the lower jaw shifts forward, causing the upper and lower teeth to not fit together properly, and the skull moves back on the spinal column. You may have occlusal or TMJ problems.

From Know Your Teeth, Academy of General Dentistry

Patient of the Month

Richard (R.J.) McCloud

Our patient of the month is a Veteran USAF Fireman who was stationed at Dobbins Air Force Base.

We enjoy having Richard as a patient because he is such an interesting person.

He owns an AirStream RV that looks as new as the day he drove it off the lot because Richard puts a special wax on it. While he may not tow the Air Stream as often, it is still very useful.

Richard lives alone and takes care of his own lawn. Since it may take a while, Richard relaxes in his Air Stream with a cold drink while he rests between

cutting rows of grass. Sounds like it works out great!



Two time winner of St. Ann's Chili Cook Off

Richard is famous as a Brunswick Stew and Chili chef. He even caters some events.

When Sonny Perdue was governor, after tasting Richard's stew at an event, Governor Purdue was so impressed that he and his wife both wrote letters saying how wonderful it was. They wondered when they were going to have more. Richard made a special trip to the Governor's mansion to deliver his famous stew and was almost denied access by the security guard until Richard showed him the letter. Immediately, he was granted entry (of course the guard wanted some stew as well). We have been lucky enough to taste it and we have to agree-it is very good!

Congratulations Richard! Cook On!