



# Dr. Foster Smiles

[Smilesbydrbob.com](http://Smilesbydrbob.com)



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## Back to School Whitening Special

For a Limited time, we are offering full arch whitening for \$275.

Get Immediate whitening results for your teeth **WITHOUT** the hassle of whitening trays!!! That's right...no more trays... no more goo at home. **AND...** what is even better, when you invest about an hour, our new Opalescence Boost process will have you walking out of the office with teeth as much as 5 shades brighter, and in most cases, no sensitivity!

While supplies last we will also include a whitening brush for home use. This touch up brush has about 30 applications for those times when you need an immediate boost of brightness.

Call to set up an appointment Today!

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## Why Do You Ask About Medical Issues? It's Just My Teeth.

Updating medical history enables us to provide safe and individualized care. Complete and up-to-date medical information helps identify conditions relevant to your dental health or which could have an impact on our treatment recommendations. The body is all connected. Patients sometimes don't realize the medication that they are taking or the condition that has been treated medically can affect the treatment, or even the cleaning that we will perform.

It may be helpful to discuss briefly some of the medical issues that could have an impact on your dental treatment. People with Diabetes may have a slow healing process, or they may be prone to gum conditions. We need to know if you are dealing with any serious condition, such as kidney, heart, lung, or liver condition. This may play a part in the type of treatment we will recommend for you. If you have a prosthetic joint your surgeon may want to give you an antibiotic before any dental procedure. We need to know if you have Osteoporosis so that we can monitor closely your periodontal health. This condition has a major affect on the jawbone that support the teeth. The deterioration in this bone will most likely cause tooth mobility and even loss. If a patient has uncontrolled high blood pressure, we may choose the anesthetic accordingly, or may choose to not treat them at all depending on the BP reading at the appointment.

## Medicines Have a Big Impact on Dental Treatment.

Patients with an allergy to aspirin would not be prescribed Ibuprofen or Naproxin. Patients who take drugs to treat Osteoporosis (known as biophosphonates) can sometimes cause jaw problems, especially after an extraction. Some of these drugs cause sluffing of oral tissue and even painful sores in the mouth. Some medicines for high blood pressure, especially a diuretic, can cause dry mouth syndrome. This makes the patient more prone to cavities. If we know this, we can recommend products to help. If a patient has to take a blood thinner such as Warfarin, it may be advisable to cease taking that drug a few days before the dental appointment, depending on the type of treatment that is needed.

Feel free to share all medical information with us and updating when your medical history or medicines have changed. Please be assured that all information is strictly confidential.

## Lunch Box Kabobs



### Ingredients

12 inch chunks of cheddar cheese about 1

12 slices deli ham

8 cherry tomatoes

### Instructions

Place one cherry tomato on a wooden skewer and slide it near one end.

Add 3 pieces of ham and 3 piece of cheese, alternating as you go.

Top off the skewer with a cherry tomato.

Makes 4 Kabobs

Author: Christina Hitchcock  
<http://www.itisakeeper.com>

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For more information call us at  
**770-971-5119**



Jan is a loyal Steeler Fan

### Meet Jan, Our Patient of the Month

About 30 years ago, Jan's husband's job transferred him from Pennsylvania. They settled in the Atlanta area and have been here ever since. That explains why she still has a loyalty to the Pittsburgh Steelers.

Jan became the Director of Religious Education at the Catholic Church of St. Ann's in Marietta and just retired this past January after 25 years.

Listening to Classical Music and walking around the Chattahoochee river area is one of Jan's favorite pastimes. Canoeing and cooking are also some of Jan's best-loved things to do.

Her most memorable vacation was one spent on Hilton Head Island at Sea Pines Plantation with her whole family, including children and grandchildren.

We love Jan. We look forward to her visits because she has a very pleasant personality.

**Congratulations, Jan! We are proud that you  
are a part of our dental family.**



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Tongue,  
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**Beginning to  
Fray?**

**Throw it  
Away!**