



Dr. Foster Smiles

Smilesbydrbob.com



Robert A. Foster Jr. DMD/PC

1230 Johnson Ferry Place, Suite C-10
Marietta, GA 3006

770-971-5119



December 2016



Stocking Stuffer Ideas That Will Make Them Smile

In Office Whitening \$250
(savings of \$200)

Pre-Loaded Whitening*
\$73 or 2 pkg \$135
(Savings of \$27 on 2)

Mini Pre-Load Whitening*
\$40 or 2 pkg \$70
(Savings of \$32 on 2)

Whitening Strips*
\$32 (Savings of \$22)

Touch Up Pen*
\$18 (Savings of \$12)

*While Supplies Last



No Insurance? NO PROBLEM!



Don't let high cost premiums get you down., For an annual fee, Members receive two cleanings with exams, any necessary x-rays, unlimited problem focused exams and discounts on other services for a 12 month period.

Single, Dual, and Family plans available.

For more information call us at 770-971-5119

Taking Care of Your Baby's Teeth

You, as a parent, are your baby's first teachers in life and you will play a great role in shaping their good oral health habits for life. Lead by example; make **sure your baby observes you cleaning your teeth as routine.** Children whose parents are prone to cavities need to be extra careful. Genetics have shown the predisposition to tooth decay.

From the day your child is born you should be acclimating them to good dental care. Clean your baby's gums with a clean, damp cloth after each feeding.

When the first teeth come in, begin brushing them with a small, soft-bristled toothbrush and water. Avoid using fluoride toothpaste until you speak with us. Wean your child off the breast and bottle by one year of age, and monitor excessive sucking of pacifiers, fingers and thumbs. Never give your child a bottle of milk, juice or sweetened liquid as a pacifier at naptime or bedtime.

Since the mouth is highly susceptible to cavities at bedtime due to lower salivary flow, help a young child brush at night. Perhaps let the child brush their teeth first to build self-confidence, then follow up to ensure that all plaque is removed. Usually by age 5 or so, the child can learn to brush his or her own teeth with proper parental guidance and supervision.

Your child should see the dentist by their first birthday. Appointments earlier in the day, when your child is alert and fresh, are preferable. The parent may need to sit in the dental chair and hold the child



during the examination. If the child is compliant during this "happy visit", the first session often lasts between 15 and 30 minutes and may include a gentle but thorough examination of the teeth, jaw, bite, gums and oral tissues to monitor growth and development and observe any problem area. It may also include a discussion of home hygiene habits and perhaps a demonstration of proper home care.

Once the child demonstrates maturity, we will introduce a cleaning and x-rays into the mix. Fluoride treatments come later when the child is not prone to swallowing.

Suffering from Dry Mouth Syndrome?



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

AllDay Dry Mouth Spray's

mild mint flavor spray provides 25% better moisture retention than Biotene® Spray for rapid and long-lasting comfort. The solution contains a unique combination of mucoadhesives and a super-saturated 44% xylitol concentration to provide prolonged, high-level xylitol exposure. AllDay has a neutral

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

We have it in stock. Try a bottle for just \$10.00 and feel the relief!

Grinch Hot Vanilla Milk

For 1 mug, you will need;

2 c. Milk
1 1/2 t. Sugar (optional)
2 t. Vanilla Extract
1 healthy drop of Yellow Food Coloring
Tiny drop of Blue Food Coloring
Whipped Cream
Red Sprinkles

Add 2 cups of milk to a saucepan.



Add sugar to taste. Or leave out the sugar and just go with vanilla.

Add vanilla to milk in saucepan

Stir until the sugar and the vanilla are mixed.

Add a drop of yellow food coloring and then the tiniest bit of blue food coloring to tint your Vanilla Milk this fun Grinch green color. Finally, heat on a low setting until it is hot. Stir occasionally to keep a film from forming on the top of the milk.

Pour this delicious Grinch Hot Vanilla Milk into a coffee mug and top with some whipped cream and red sprinkles. Make sure you use red, they represent the Grinch's heart that was two sizes to small!

Our Grinch Hot Vanilla Milk is fun and so easy to make. It tastes great too! It is guaranteed to make YOUR heart grow three sizes and fill you with the true meaning of Christmas just like the Grinch! It's perfect for a cold wintry day or as a fun Christmas Dessert for family movie night.



Did you know?

In a study done with a screening of 800,000 patients, a correlation was made between periodontal disease and a heart condition called Atrial Fibrillation. With this heart

condition, the upper chambers (atria) of the heart don't beat the way they should. Instead of beating in a normal pattern, the atria beat irregularly and too fast, quivering like a bowl of gelatin. It's important for the heart to pump properly so your body gets the oxygen and food it needs.

Those patients with gum disease were at a 31% greater risk of Atrial Fibrillation.

It was further noted that those patients who had at least one dental scaling appointment during the year had a lower risk compared with those patients who had no such appointments.

"The periodontal community continues to investigate the implication that inflammation -- whether it originates in the gum tissue or exists systemically -- has on the overall health and wellness of individuals." Says Terrence Griffin, DMD, the president of the American Academy of Periodontology.



Patient of the Month

Lisa Casazza is a Special Education nurse who adores her children and grandchildren.

When Lisa comes in there are lots of laughs and giggles.

Live your life in such a way that when you get up in the morning, Satan says, "Oh, No! She's up!"

She has an awesome personality and such a great laugh that you can't help but laugh along. No matter what mood you may be in, after Lisa comes, you are very happy.

She enjoys listening to Eclectic Blues, easy listening, and oldies, (especially 70's and 80's). Maybe she is teaching her grandchildren some of the good ole toons.

This spring she was able to go to a Polo Match and watched Prince Harry of Wales play!

She recalls the best trip she ever had. "My sweet husband took me to Italy on their anniversary. It was my favorite trip not only because of the beautiful countryside, but, also because she was with her husband Jim." That phrase describes Lisa perfectly. She is one of the most loving people we have ever met.