



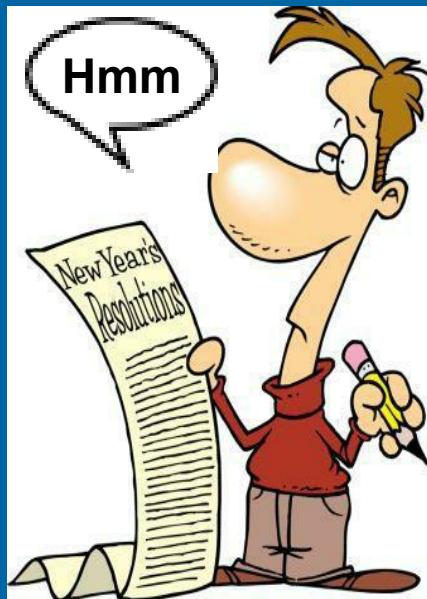
# Dr. Foster Smiles

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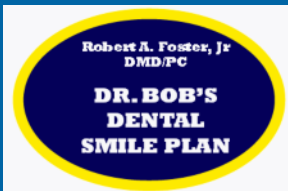
[Smilesbydrbob.com](http://Smilesbydrbob.com)



January 2016



## No Insurance? No Problem!



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

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

## Recognizing an Abscessed Tooth



I hope, you will never have this in your lifetime. However, you should know the symptoms if not for yourself, for your loved ones.

It is not unusual for an abscessed tooth to fail to present symptoms. In fact, many abscesses are diagnosed through routine X-ray exams. Even without obvious symptoms, an abscessed tooth's infection can still spread, leading to serious and even life-threatening complications without proper treatment. If you have never experienced one before, a tooth abscess can be a very painful experience which can be dangerous. You should go see your dentist immediately if you believe that it is happening to you.

A chronic abscess begins with a little bit of throbbing around the tooth. Sometimes there is a bubble in the gum tissue which allows the abscess to drain. If the abscess keeps draining, this type of pain could last a long time before escalating to something else. This may seem like the toothache comes and goes. This type can be dangerous because the abscess may lead to bone damage. When the drain is blocked the pain may intensify and there may be swelling.

An acute abscess starts with immediate pain with seemingly no cause. The gums may swell up and everything around may feel painful and tender. The pain is very intense and it can be difficult to just have your lip over your teeth during this difficult time.

Other symptoms of an abscessed tooth is pain while chewing, random pain when biting into something, painful sensations from hot or cold foods that seem to linger, a constant bad smell or taste in the mouth, or persistent throbbing pain.

When an infection spreads from an abscessed tooth, the results may be life-threatening. If the swelling gets out of control, you may not be able to breathe or swallow at all. If your eyes are closing due to swelling from a tooth abscess, you should go to the hospital IMMEDIATELY.

We can help you get a tooth abscess under control before it becomes a critical situation. We can also help you manage the pain and prevent any situations which might be avoidable.

## "Apres-Ski" Soup Recipe\*

\* French for "After Skiing" refers to the social time after getting off the slopes

Simple and Healthy!

This recipe is made in the microwave!



### Ingredients

- 1 tablespoon butter
- 1-1/4 cups cubed acorn squash
- 1 carrot, thinly sliced
- 1 medium leek (white portion only), thinly sliced
- 3 cans (14-1/2 ounces each) reduced-sodium chicken broth
- 1 small zucchini, halved and sliced
- 1/2 cup uncooked elbow macaroni
- 1 bay leaf
- 1/2 teaspoon dried basil
- 1/4 teaspoon dried thyme
- 1/8 teaspoon salt

Place butter in a 3-qt. microwave-safe bowl; microwave on high for 15-20 seconds or until melted.

Add squash, carrot and leek; stir to coat.

Cook, covered, on high for 6 minutes.

Stir in remaining ingredients; cook, covered, on high for 12-14 minutes or until vegetables and macaroni are tender, stirring twice.

Remove bay leaf. Yield: 6 servings (1-1/2 qt).

## Something to think about...

### Less

Talking  
Television  
Planning  
Soda  
"Being Connected"  
Junk Food  
Complaining  
Excuses  
Worrying  
Doubting  
Procrastinating  
Frowning  
Selfishness  
Weakness  
Ignorance  
Ungratefulness  
Of the World

### More

Listening  
Reading  
Doing  
Water  
Putting the Phone Down  
Fruits and Vegetables  
Encouraging  
Responsibility  
Hoping  
Believing  
Achieving  
Smiling  
Giving  
Confidence  
Understanding  
Thankfulness  
of God



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.

Fresh Fruits like apples can be good for your teeth...



They help remove loose foods and clean tooth surfaces.

It's Flu Season



Change your Toothbrush after you are sick!

## Patient of the Month Bruce Salter

Bruce is a Residential Real Estate Agent for Palmer House Properties and has been a loyal patient of ours since the 1980's .

Recently, he and his wife have moved from the Marietta area to a house on Lake Lanier. He likes spending time on the dock with family and friends.

Every year Bruce and his family go to Vail , Colorado so that the whole family can be together to make lifelong memories.

A graduate of the University of Florida, he is loving this year! He follows basketball as well as football as an avid Gator fan. He also lends his cheering support to the Falcons and the Braves.

Bruce states, "I am lucky to be in love with my wife and best friend, Sharon. We have four wonderful adult children that we are very proud of, and who have brought us much joy . We also have two beautiful grandchildren (and a third due next June) we love spending time with. They keep us young,

We are privileged that Bruce and Sharon continue to be a part of our dental family even though they have moved. Bruce is always the life of the party and we absolutely love that!



Congratulations, Bruce!

"And, in the end, the love you take is equal to the love you make"