



Dr. Foster Smiles

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July 2016



Happy Birthday, America!



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.



It's Summer!!!

Whiten Up!

Professional teeth whitening can remove years of

stubborn stains. It gives most patients an emotional boost and the confidence to show off a brighter smile in social settings and business.

Many Options are available. We have Strips, a whitening pen, Prefilled trays (no impression required) and our in office procedure.

Our in office whitening is reduced to \$250-a savings of \$200. Call today !



Why Use a Soft Toothbrush

Even if you brush twice a day, brushing with the wrong toothbrush can actually be detrimental to your oral health. With all the toothbrushes available on the market today ranging from soft bristles to hard bristles, electric and manual, it can be difficult to know which toothbrush is the best one for you. The American Dental Association recommends rounded,

soft-bristled brushes for removing plaque and tartar buildup. The soft bristled brush removes the plaque without damaging the tooth enamel. When you use hard or even medium-bristled brushes it is possible that you can damage the tooth enamel. Hard or medium bristles may also damage your gums and/or tooth root surfaces.

When choosing a new toothbrush, always pick one that is marked with the ADA Seal of Acceptance. This assures you that the brush has undergone rigorous quality control testing and has been approved for both safety and effectiveness. That way you will never pick a medium or hard brush as these will not meet the requirements for the ADA Seal.

Additionally, choose a toothbrush that is the correct size for your mouth. It may make sense to get a large brush because it will "cover more territory". However, a large brush is actually more difficult to clean your teeth because it makes it harder to reach areas in the back of the mouth, particularly around the molars. Since a longer brush will also be a wider one, this may also prevent you from reaching all the way to the back of the last molar in your mouth. You need to get all the way back to third molars, if you have them.

Even soft bristle brushes can damage your teeth and gums. Make sure that the bristles are softly rounded at the tip. If you choose a brush that has been given the ADA seal, this will already be the case.

Use the same criteria above when choosing an electric toothbrush; look for the ADA seal and you can't go wrong.

As with everything, please ask us if you have any questions about choosing any oral care product. We will be glad to help you.

Choose Fresh Fruit for the Best Dessert



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Frozen grapes make excellent ice cubes for summer sangrias, plus they are a perfect refreshing snack. These little morsels are packed full of sweetness and in moderation are good for you. They are like the summer edition of popcorn. Wash and pull the grapes off the stems; then place on a lined cookie sheet. Put in the freezer overnight.

Watermelon is a summer staple. Composed of mostly water, this fruit is very popular not only because it tastes great but it also keeps you hydrated. A watermelon can be cut any way you like; slices, sticks, cubes. Just eaten plain, watermelon is one of the best desserts on the planet .



Patients of the Month

Nigel Nderi, Adrian and Aiden Aswani

These three brothers are so close that they insist on having their pictures taken together.

Nigel, the big brother , a high schooler from Wheeler, is very protective of his brothers and they absolutely adore him.

This summer, Nigel will be traveling to Pennsylvania to attend SAMS (Summer Academy of Math and Science) at Carnegie Mellon University. Nigel, who loves Robotics will feel right at home there. Since another love of Nigel is the cello, his favorite group is Apolcalypica, a cello group.



Adrian, age 10, will attend East Cobb Middle School in the fall and is super excited about the road trip to Pittsburgh. He is a big history lover and knows there is a lot of history in Pittsburgh. He listens to Drake when he is not learning about history.

While all the boys love the Hawks, Aiden, who is three and will be attending his second year of preschool, loves the Cavaliers as well. He plans on being the next Steph Curry. He practices with Adrian to keep his skills honed. He likes listening to all types of music and is content playing Starwars video games with his brothers, but occasionally likes to do household chores.

We are always glad to see these fine young men. They are a true testament of what family means. In fact, when you look up "family" in the dictionary, we wouldn't be surprised to find their picture there.

Congratulations, boys! We are crazy about you.



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.

The Differences in Mouth rinses

There are basically two kinds of mouth rinses. Antiseptic and anti-plaque mouth rinses claim to kill the germs that cause plaque, gingivitis, and bad breath. An anti-cavity mouth rinse uses fluoride to protect against tooth decay.

Cosmetic rinses are found over the counter and help remove oral debris after brushing, temporarily hide bad breath by diminishing bacteria in the mouth and refresh the mouth with a pleasant taste.

Anti-Cavity rinses have all the benefits of cosmetic rinses but also contain an added active ingredient that help protect against some oral diseases. These rinses can also be categorized according to use: anti-plaque/anti-gingivitis rinses or anti-cavity fluoride rinses, for example. We may prescribe special therapeutic rinses for patients with periodontal disease or dry mouth issues.



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Nothing gets rid of plaque like flossing and brushing, but when a patient has a hard time doing that due to a mental or physical handicap, a rinse may be beneficial.

Make sure that the teeth are clean by flossing and brushing before using the rinse to be most effective. Do not rinse, eat, or smoke for 30 minutes after using rinses, as these practices will dilute the fluoride and rinse it away.

There are some side effects to using mouth rinses. Since some rinses contain alcohol, this product may produce a burning sensation. Be sure to empty your mouth completely after the 30 second swish and never give a mouth rinse to children.

Ask us about the appropriate mouth rinse for your use. We will always recommend one with the ADA seal because they have been thoroughly tested.

Information from Knowyourteeth.com/infobites

Dental Care for Pets



Humans aren't the only ones who can suffer from oral health problems. Since they don't consume sugar, animals rarely develop cavities. Yet, about 80% of dogs and 70% of cats suffer from oral disease. Like humans, pets develop plaque, tartar, and periodontal disease. Common indications of oral disease in your pet include bad breath, a change in eating or chewing habits, pawing at the face or mouth, and depression. Proper dental care could increase your pet's life by two to five years.