

Dr. Foster Smiles

Smilesbydrbob.com



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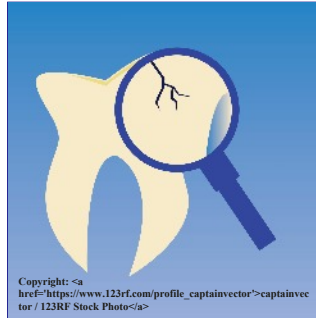
God Bless Our Troops

Have a wonderful celebration of our nation's independence.

If you are reading this in the comfort of your home, thank a soldier. Without these brave men and women putting themselves in harms way every single day, we would not be celebrating our independence.



**Floss or Floss Not;
There is no Try...**



Do You Have a Cracked Tooth?

A cracked tooth can be painful; Look for these signs:

- Pain that comes and goes
- Pain when biting down
- Sensitive when eating or drinking
- Feeling that something is "stuck" between your teeth

It can be hard to discover that a tooth is cracked because you may not be able to tell exactly which tooth hurts; or even whether the discomfort is coming from the upper or lower part of your mouth. Some cracks are invisible to the eye and may not even show up on an x-ray. And, even sometimes you may not have any pain or sensitivity at all—it will be detected during your regular dental exam.

Why Does A Tooth Crack?

- Chewing on hard objects or hard foods
- Uneven chewing pressure which can happen if an adjacent tooth is lost
- Grinding or clenching your teeth
- Large filling or other restorations that have caused tooth structure loss
- Chewing on ice

How is a Cracked Tooth Treated?

Treatment depends on the location, the size, and the direction of the crack, as well as your symptoms. It is possible that we will recommend no treatment at all, since tiny cracks are common and usually don't cause problem. Bigger cracks may require removing the older restoration to see the extent of the crack and replacing the filling if possible. Deeper, wider cracks may require a crown to protect it from even more damage. Sometimes a root canal is needed if the nerves of the tooth are infected. If the tooth is severely cracked and cannot be repaired, it may have to be removed.

It is important to fix cracks when they are detected as a small crack can most certainly lead to a bigger one that requires more extensive treatment.

Red, White, and Blue Fruit Skewers with Cheesecake Yogurt Dip



Ingredients:

For the cheesecake dipping sauce:

- 4 oz 1/3 less fat cream cheese, softened
- 1 cup fat free Greek yogurt
- 1 tsp vanilla
- 1/4 cup raw sugar

For the skewers:

- 14 oz angel foods cake, cut about 1-inch cubes
- 72-84 medium strawberries (about 3.5 lbs) stems removed
- 1 pint blueberries
- 24 to 28 skewers

Directions:

In a medium bowl, combine the cream cheese with yogurt, vanilla and sugar. Mix well until sugar dissolves; set aside.

Thread 3 strawberries and 2 cubes of cake onto each skewer, alternating between strawberries and cake. Finish each skewer with 3 blueberries. Place finished skewers on a platter and refrigerate until ready to eat.

Courtesy of Skinnytaste.com

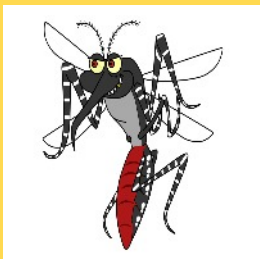
Read more at <http://www.skinnytaste.com/red-white->



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Bet you Didn't Know....

Mosquitos have 47 teeth!

Stacey wonders how long it takes them to Floss, Brush and Rinse. What do you think?



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 an entire 12 months.

Single, Dual, and Family plans available.

Patient of the Month: Guy Cook



"Be all you can be and never give up"

We have enjoyed Guy being a patient for many years. His pleasant personality and great sense of humor makes us love the days that he comes into our office.

Even though he is a busy financial advisor, he still manages to listen to Jazz and Rock and keep up the Falcons as well as the Browns. He also does woodworking and mostly enjoys target shooting and hunting with his grandchildren.

One interesting thing we learned about Guy is that at age 12 he was a professional organist and at the age of 14 he starting teaching the organ. We would have never known this because Guy is so very humble. Can you imagine being that good at such an early age? We were impressed!

Congratulations, Guy! We look forward to many more happy years together.