

Dr. Foster Smiles

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Smilesbydrbob.com



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We hope all of our wonderful fathers have a Great Day!

A Win for Dad

Tom had won a toy at a raffle. He called his kids together to ask which one should have the present.



"Who is the most obedient?" he asked.
"Who never talks back to mother? Who does everything she says?"

Five small voices answered in unison. "Okay, dad, you get the toy."

It's Summer!!!

Give Yourself a Gift!

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 !



Fact or Fiction

• *Brush your teeth right after you eat.*

Fiction: RINSE your mouth, but wait at least 60 minutes to brush. Brushing too soon after eating an acidic snack puts your softened enamel at risk for damage. Give the enamel time to rebound and ALWAYS use a soft bristle brush.



• *Brush harder—you'll get more plaque off that way.*

Fiction: Vigorous brushing could be doing more harm than good. Easy does it. Gently massage your gums as you brush. We will be glad to go over the most effective technique with you.

• *If you must drink acidic drinks like soda or juice, use a straw.*

Fact: The straw directs the liquid from your teeth. Better yet, drink your acidic drink in one sitting and then rinse your teeth with water after.

• *It's okay to use your teeth to cut that loose thread—that's what grandma did.*

Fiction: Scissors have a specific purpose. Don't confuse them with your teeth and risk injury.

• *Using a mouthguard while riding a bike or playing a sport protects your teeth.*

Fact: The simplest way to avoid injury is to wear a helmet and a mouthguard. Also use a mouthguard to prevent the effects of bruxing (or grinding). It will prevent unnecessary wear.

• *Always brush your teeth before you floss*

Fiction: Floss before you brush, then rinse with a fluoride solution.

Patient of the Month Aric Fine



"Music is heard with the ears and understood with the heart."

Aric Fine is an avid fan as well as alumni of the University of Alabama (Roll Tide) and is proud to also have a daughter that is a rising sophomore there. He is a season ticket holder and is probably the loudest cheerer in the stadium.

Aric works in Telecommunication sales is happiest when he is teaching folks with disabilities how to water ski. You see, Aric was a member of the U.S.A. Disabled Water Ski Team from 1997-2007. He is the World Record Holder for Jump, a total of 72 feet! He has recorded his jump at https://youtu.be/5_esmHJgoMY. He and his family still enjoy Lake Life in the summer by skiing, tubing, kayaking, and just relaxing.

Because Aric enjoys all kinds of music, he goes to concerts with his 16 and 19 year old grown children. They also keep him "up to date" by loading his devices with the most current songs from iTunes. He likes all kinds of music; 70's, 80's and even Rap.

Aric has his own page on YouTube. He started his video career early. When he was in high school, he made a video called "The Super Fine Shuffle". You can view this hilarious presentation at <https://www.youtube.com/watch?v=cEziB8uCzs&feature=youtu.be>.

Congratulations to Aric as our patient of the month. We are happy he and his family chose us as their dental office!

Men are less likely than women to take care of their physical health and, according to surveys and studies, their oral health is equally ignored.

Don't be a Statistic! Call today.



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.

Dr. Bob's
Dental Smile
Plan

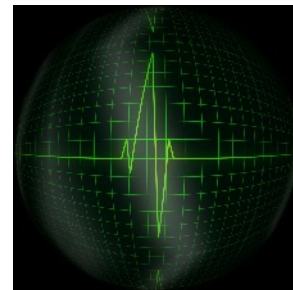
The Mouth and Body Connection

In a perfect world, you could drop off your mouth before work, we could do the dentistry you need, and then you could pick it up after work. Done!

Unfortunately, since the body and mouth are connected, it doesn't work that way. Similarly, there is accumulating evidence that suggests that gum disease may be associated with a number of disorders such as heart disease, artery blockages, diabetes, stroke and adverse pregnancy outcomes.

People with diabetes may have periodontal disease or rampant hard tissue decay (cavities). Some studies indicate that having periodontal disease may make it harder for diabetics to control blood sugar levels.

Although, gum disease may contribute to health conditions, it is important to realize that just because two conditions occur at the same time does not necessarily mean that one condition causes the other.



When we ask you to update your medical history and take your blood pressure, we are seeing if you may have a condition that may be contributing to your oral health. We take blood pressure for that same reason. Elevated blood pressure, especially before an injection with epinephrine, can cause heart palpitations and possible a heart event.



Chocolate Chunk Marshmallow Sundae for Dad

Ingredients:

2 pkg. (3.9 oz. each) Jell-O
Chocolate Instant Pudding
2 cups cold milk

1 tub (8 oz.) Cool Whip Topping, thawed
1 cup Jet-Puffed Miniature Marshmallows
4 squares Baker's Semi-Sweet Chocolate, coarsely
chopped
2 cups sliced fresh strawberries

1. BEAT pudding mixes and milk in large bowl with whisk 2 min.
2. STIR in Cool Whip, marshmallows and chocolate.
3. SPOON into 2-qt. freezer-safe container; cover.
4. FREEZE 4 hours or until firm. Scoop into dessert dishes; top with berries.

Makes: 12 servings

Picture and Recipe Courtesy of Kraft Recipes.com