



# Dr. Foster Smiles

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**What's your LEPRECHAUN name?**



**The first letter of your name:**

A - Adorable	H - Helpful	O - Outgoing	V - Vibrant
B - Bubbly	I - Itchy	P - Playful	W - Witty
C - Cheerful	J - Jolly	Q - Quiet	X - X-tra Special
D - Dreamy	K - Kind	R - Restless	Y - Youthful
E - Eager	L - Lucky	S - Silly	Z - Zany
F - Fussy	M - Musical	T - Timid	
G - Grouchy	N - Noisy	U - Useful	

**The month you were born:**

Jan. - McCheesy	May - McWiggles	Sept. - McBlarney
Feb. - O'Gratin	June - O'Lucky	Oct. - O'Doodles
March - McMuffin	July - McNoodles	Nov. - McWobbles
April - O'Really	Aug. - O'Wacky	Dec. - O'Goofy

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## Why you should Floss—One of our Teenage Patient's Perspective

By Ashlyn Sasser



*Yes, there will be some bleeding from flossing, what did you expect?*

My mother is a dental hygienist, and there was an incident in the house where **SOMEONE** (not naming names) got a cavity and I'm pretty sure it almost tore our family apart. Teeth are a big deal in my household, and since most people aren't blessed with the flossing rant every time they have a bad check-up, I feel that it's my responsibility to share it.

**Ever heard of plaque?** If not, then you obviously have never been to a dentist before and I'm concerned. Plaque is this sticky stuff that forms from the minerals in saliva. There's good and bad bacteria in plaque, just like how there's two sides to every coin, but the real bad part is when plaque gets in between your teeth and under your gums.

**Teeth are built upon a foundation of bone and gum,** just like how democracy is built upon fundamental human rights, and when both of these are ignored, things tend to go sideways real fast. Once the bad bacteria is between your teeth, it thrives there and starts attack plans on your teeth. How does it attack, you say?

It eats away at the gum attachment to your teeth, can form pockets between the tooth and gum, and just straight up eat away at your bone. This is called Periodontal disease, a word I have heard so much that I'm pretty sure it's the first thing I ever said. The result of all this crap going down in your mouth is your teeth getting loose and start falling out. The worst part is you feel no pain as your teeth are basically being demolished, so there's no way you can actually tell it is happening unless you go to your dental hygienist.

*(Continued page 2)*

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## ***There's one simple way that you can stop this massacre from happening in your teeth. Floss.***

Yes I know it hurts and you don't like the blood coming out of your mouth, but if you actually listen to your dental hygienist, your gums will start to toughen up and grow stronger from the floss. It's kind of like working out for your teeth. You only have to do it at least once a day (unlike brushing which is technically three times a day because you're supposed to do it after every meal, but people in dental care are realistic and just say twice a day, trust me I was dragged to a seminar on this). It's the only way to remove plaque between teeth and under gums; no toothpicks, interdental brushes, air flossers, mouth wash, or toothbrushes can get under the gum and between the teeth like string floss can (which is a direct quote from a dental hygienist).

### ***So, How Should You Floss?***

This part I have to put in due to a dental hygienist's request, but the correct way to floss is to wrap the floss around your middle fingers, taking the floss between your index finger and thumb, go between teeth, wrap or "hug" the floss around the tooth and go all the way under until you feel resistance, and then move up and down two to three times, then proceed to do the other side. It's usually good to work in a pattern while doing this and if you have fixed retainers or braces your can use threader floss (your orthodontist has probably already given this to you and explained how to use it and if not you need to get a better orthodontist). This is not to say that you shouldn't brush your teeth, brushing removes plaque and food debris from above the gums, so you want to do the entire package to keep your mouth safe from plaque.

And that is the basics when it comes to why you should floss, so if you ever see that story that says something along the lines of "scientists say that you don't have to floss," that is complete BS and those scientists have obviously never gotten their phone taken away for a bad check-up to learn their lesson.



***"And, I knew exactly what to do. But, in a much more real sense, I had no idea what to do."***

*Michael Scott, from the Office*

## **Patient of the Month**

### **Ashlyn Sasser**

Because we had a guest writer for our main article this week, we thought it would be fun to be able to put a face to the author of the entertaining and informative item you read about flossing.

Ashlyn has an inside track to hygiene because she has lived with our very own hygienist, Stacey, all her life. She has learned through personal experience the extra value of flossing daily. She says that at our office "the dental hygienist is pretty great and I am saying this with no bias at all".

A senior at Roswell High School, Ashlyn writes a weekly article on the online magazine, Odyssey. Ashlyn is delighted and, as you can see, more than capable to do the job.

Some of Ashlyn's favorite things to do include listening to various types of music. Her favorite artists include All Time Low, Ed Sheeran, Chance the Rapper, and Drake. Of course, she enjoys writing, but she is a terrific artist. She can sketch anything! She also likes running and is a member of RHS Cross Country team. And, this may surprise you—napping. She loves to nap.

During the Presidential Inauguration, Ashlyn went to Washington, DC with the Close Up Foundation. She loved that she got to meet with senators as well as witness history.

**Congratulations, Ashlyn! We think you are pretty great, too!**

### **Green Tea Mojito**

(adapted from Organic, Shaken and Stirred by Paul Abercrombie)

makes one drink



- 1 tablespoon fresh lime juice**
- 4 large mint leaves**
- 2 teaspoons sugar**
- Approx. 1/2 cup brewed green tea, chilled**
- 1 ounce white rum**

Muddle the lime juice, mint and sugar together in a Collins glass until the leaves bruise lightly and the flavors release. Add ice until glass is about 3/4 full and then pour in rum and green tea. Stir thoroughly.

To serve as a pitcher drink: Multiple the ingredients by the number of guests. Muddle the lime juice, mint, and sugar. Combine with the green tea and white rum in a pitcher and stir to combine. Refrigerate until ready to serve.