



Dr. Foster Smiles

Smilesbydrbob.com



Robert A. Foster Jr. DMD/PC

1230 Johnson Ferry Place, Suite C-10
Marietta, GA 3006



770-971-5119

May 2017



Adjustable Nicotine A Threat to Your Smile

E-Cigarettes have rapidly increased in popularity as an attempt for tobacco users to avoid traditional cigarettes.

Nicotine, a highly addictive poison, does a lot of damage to a healthy smile. In traditional cigarettes the nicotine is the same, but in E-Cigarettes the amount can be adjusted. The more the nicotine, the worse the threat for your oral health.

Because all e-cigarettes contain nicotine and can even be adjusted to have an even greater amount than conventional cigarettes, the blood flow is restricted so your gums are not receiving the amount of oxygen to keep them healthy. Because of this lack of oxygen, the gums probably won't bleed. You could be fooled into thinking that your gums are healthy. The "healthy gums don't bleed" axiom only applies to non-smokers. The only way to know for sure if you have periodontal disease is to have a thorough periodontal examination whereby the attachments or pocket depths are measured.

Nicotine is a known stimulant, which can affect the muscles in your body. Since your jaw muscles are very powerful they can be easily affected by nicotine. If you grind your teeth, nicotine in the form of e-cigarettes, can cause the bruxism to worsen. If you don't grind your teeth, nicotine may be responsible for you picking up this habit, which is extremely damaging to both your teeth as well as your jaw joints.

Dry mouth may also be a bad quality of e-cigarettes because nicotine inhibits saliva production. Saliva is very important for preventing tooth decay, keeping your breath fresh, and keeping your gums healthy. Without the proper amount of saliva, you're more at risk to suffer from oral health problems.

E-cigarettes are claiming to be an alternative to conventional cigarettes, but we are still uncovering the effects of these delivery systems. Do your research about the risks of e-cigarettes and talk to us about quitting nicotine for good.

Spring Whitening Sale

Opalescence[®]
go

Convenient

Preloaded Whitening Trays



Fast. Efficient. Easy.

Professional
Tooth Whitening

New Strength!

15 minutes to a Brighter Smile!

Go Pro Mini \$43

Go Pro Full \$68

Mini includes four applications

Full includes ten applications

Mouthguards are Important

Last year, the National Youth Sports Safety Foundation forecasted that more than 3 million teeth would be knocked out in youth sporting events. It also reported that athletes who don't wear mouthguards are 60 times more likely to damage their teeth.

Cheesy Vegetable Scramble



Prep: 5 minutes
Cook: about 5 minutes
Yield: 2 servings

1 tsp butter
1 Tbs thinly sliced scallion
2 Tbs thinly sliced zucchini or asparagus
1 Tbs sliced red or green pepper
Salt and pepper to taste
2 eggs

1 Tbs grated reduced-fat mozzarella or cheddar

1. In a small skillet, melt butter. Add vegetables, salt and pepper and cook over medium heat for 3 minutes, stirring frequently.
2. Crack eggs directly into skillet. Using a fork or whisk, scramble into the vegetables.
3. Sprinkle on cheese and cook about 1 1/2 minutes, or until eggs are cooked and cheese has melted. Serve with toast, bagels or English muffins.



Who Knew?

A squirrel's teeth grow continuously. Their incisors can grow up to six inches per year, but stay short due to the constant wear they receive.

We Care About You



Copyright: ©
href="https://www.123rf.com/profile/tashativango"/>tashativango/123RF
Stock Photos/©

There has been a 60% increase in oral cancer in adults older than 40 since 2013.

Yet, less than 29% of patients have an oral cancer screening at their regular examination appointment.

Why you might ask? Maybe because it takes time and there is no insurance reimbursement for it. It can cost as much as \$120, so, patients refuse it; the refusal is documented, and the life saving is not done.

Dr. Foster feels it is his responsibility to provide this service at every routine examination at no additional cost because all our patients are valuable.



Do You Know Anyone Who Went to the Super Bowl?

We do! Look at the happy faces of former Patients of the Month, Abraham Williams and his son, Abe.

You may have heard that Falcon owner, Arthur Blank, gave every employee of the Falcon Organization tickets to the game, flew them out to Houston, and put every employee and guest in a hotel. The ticket for the game alone was \$2000 and, being super conservative, it was probably a \$3500 a person trip.

Since Abe is an employee of the Falcon Organization, he was able to take advantage of this once in a lifetime trip. And, this great son took his Dad with him to Houston to enjoy the game.

Even though the Falcons disappointed us in the outcome, we know that the Williams' men enjoyed the trip very much. Just look at those smiles!

WE WELCOME
YOUR FRIENDS
AND FAMILY AS
NEW PATIENTS



REFER YOUR FRIENDS
AND FAMILY

GET \$25 ON YOUR ACCOUNT AS OUR THANK
YOU FOR YOUR CONFIDENCE

Care to Share