

Dr. Foster Smiles

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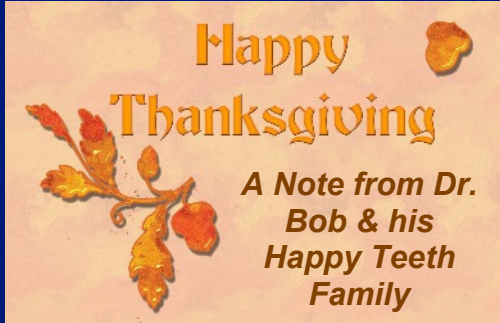
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November 2016



At Thanksgiving time, as always, we want to express our sincere appreciation for your confidence and loyalty. We are deeply thankful and extend to you our best wishes for a happy and healthy Thanksgiving Day. November is the time to be thankful, a time to remember and to embrace those who enrich our lives. I'm thankful for a lot of things, but I'm most thankful for you!

Have a wonderful Thanksgiving with your loved ones.

*Warmly,
Dr. Bob*

No Insurance? NO PROBLEM!



Don't base your Medical insurance on the "free" dental plan that may be offered.

Have you heard about our *In Office Benefit Plan* for Non-Insured Patients?

For an annual fee, Members receive two cleanings with exams, any necessary x-rays, unlimited **problem** focused exams and discounts on other services for a 12 month period.

Single, Dual, and Family plans available.

For more information call us at 770-971-5119



More than 25% of children in the US suffer from tooth decay

27% of adults aged 20-64 have untreated tooth decay

Over 4 million children in the US have cavities—more than the population of Los Angeles!

35% of US cities and towns do not have fluoridated water and even if it is available, they may not drink tap water.

In 2013, Americans consumed a total of 10.1 billion gallons of unfluoridated bottled water, a jump of 4.7% over 2012. Bottled water's popularity continues to grow, with the average annual consumption increasing by an average 9.5% annually between 1976 and 2013.

We know that too much demineralization without enough remineralization to repair the enamel layer leads to tooth decay. Fluoride helps prevent tooth decay by making the tooth more resistant (remineralized) to acid attacks from plaque bacteria and sugars in the mouth. It may also reverse early decay.

Let's create a partnership: Brush twice a day for 2 minutes, floss once a day, stay away from refined sugars, drink lots of water (preferable fluoridated) and stay away from sodas or high acidic drinks, and see us twice a year. Your teeth will be happier!



Ask About our Convenient Preloaded Whitening Trays

WHILE SUPPLIES LAST!
GO PRO MINI (5 applications)
ONLY (\$30 OR 2/\$50)

We also have Full packages (10 applications) for \$81

But, Doc, I Need Something for the Pain . . .

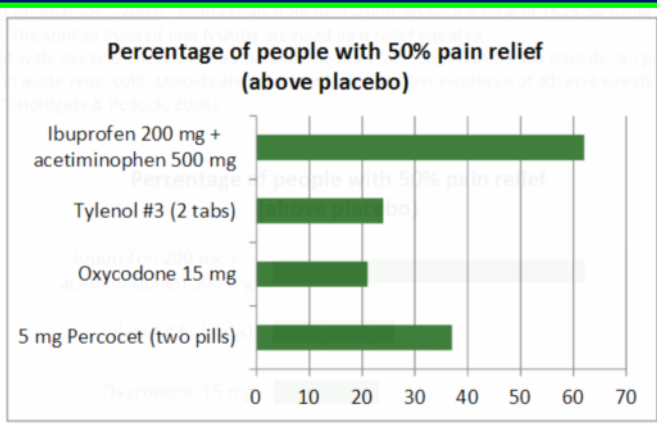
If you have been keeping up with the news you already know that our country is in a Prescription Drug Overdose crisis. Less Americans are killed by automobiles than by drug abuse.

Opioid Drugs are mainly to blame as they are prescribed quite often for a variety of painful conditions. Medications that fall within this class include hydrocodone (e.g., Vicodin), oxycodone (e.g., OxyContin, Percocet), morphine (e.g., Kadian, Avinza), codeine, and related drugs.

We know that a toothache or post operative dental treatment can be severely unkind and may even be debilitating. We want you to be comfortable. When we suggest an over-the-counter medication instead of prescribing a more potent prescription drug, it is because we know that an over the counter medication will get you out of pain quicker than any of the Opioids with no chance of the addiction issues or overdose. Opioids present a Euphoria that interferes with the perception of pain, but do not address the root cause of it. Typically, we suggest a regimen of an NSAID like Ibuprofen (generic for Advil) or acetaminophen (Tylenol) if other medications you take prohibit the use of ibuprofen. NSAIDs (Nonsteroidal Anti-inflammatory drugs) reduce inflammation as well as discomfort.

If your pain is so severe that this regimen does not work, an Opioid may have to be prescribed. When we do this, we will only prescribe as many doses as we think severe pain will last and ask you to wean yourself from it as soon as possible and use the NSAID regimen instead. Secure any opioid painkillers, as well as sedatives, and sleep medications or stimulants in a locked drawer or container away from children, teens, and pets.

Unlike antibiotics, you do not have to use the entire prescription. So, be responsible with the remaining doses. Discard any medicine you no longer need by mixing the medicines in potting soil and putting the package in your household trash.



Garlic Cauliflower “Mashed Potatoes”

The Perfect healthy side for Thanksgiving dinner



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Ingredients

- 1 large head cauliflower
- 5 large cloves garlic
- Salt
- 2 tablespoons butter
- ¼ teaspoon freshly ground nutmeg
- Freshly ground black pepper

Directions

Fill a large (6-quart) stockpot with two inches of water. Cover with steamer insert and lid and bring to a boil. Meanwhile, wash and trim the cauliflower. Cut florets and stem into medium sized chunks (they will be pulverized later). Chop garlic. Once the water is boiling add the cauliflower stems and garlic. Salt liberally and replace lid, steaming until soft, about 10 minutes. Drain and transfer to food processor. Add fresh cracked pepper, freshly grated nutmeg, and butter. Process until smooth and adjust seasoning to taste.



Patient of the Month

D.J. Hammond has been a patient since he was just a small boy. It has been a great pleasure to watch this young man become one of the nicest people we know.

“A good name is more desirable than great riches.”

He has worked at Chick-Fil-A's home office for three years as a Project Facilitator and has loved every second of it. He even invited us to lunch there one day!

D.J. loves all types of music, but likes Independent Rock the most. According to All Music's definition “ indie rock is free to explore sounds, emotions, and lyrical subjects that don't appeal to large, mainstream audiences -- profit isn't as much of a concern as personal taste (though the labels do, after all, want to stay in business).It's very much rooted in the sound and sensibility of American underground and alternative rock of the '80s”. His mainstream artist favorite is Johnny Cash.

When he is not playing with his two daughters, or listening to music, he enjoys watching the Georgia Bulldogs or the Atlanta Falcons play.

With his wonderful attitude and winning smile, we are honored that D.J. has chosen to stay loyal to our office for over 30 years.

Congratulations, D.J. !