



# Dr. Foster Smiles

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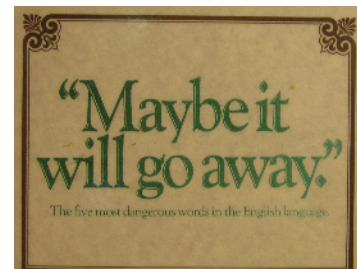
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## Did you Know?

Your body cannot fight off infections inside your tooth because your body has no way of getting antibodies inside your tooth.

## Can Gum and Tooth Infections Go Away on their Own?



When your body has any infection, it tries to fight it off by raising white blood cells to combat the invading bacteria. Typically, an infection will get worse without medical intervention.

The same is true with infections of the gums and teeth. These infections will continue to get worse until you see a dentist. With gum infections, pus pockets typically form around the gumline or in between the teeth. Only a dentist can properly clean the area to prevent the infection from coming back. With a tooth infection, the problem lies beneath the gums. Usually, an infection occurs when a cavity is so large that decay invades your tooth's root. This allows the pulp (nerve center) of the tooth to become infected and can become very painful. Often treatment involves a root canal to get rid of the infection and in extreme cases, the loss of the tooth.

Tooth and gum infections can be very serious if not treated promptly. By the time you even notice the symptoms of the infection, the bacteria could have already entered the bloodstream. Once in the bloodstream, it makes its way to the heart. People have ended up in the hospital because of the severity of bacteria that came from an infected tooth. Getting treatment as soon as possible can prevent this health disaster.

If you suspect that you have a problem with your gums or a tooth, don't wait and expect it to go away on its own. It won't. Symptoms include pain or swelling, a bad taste in your mouth, redness, bleeding or constant bad breath. A simple dental visit can let you know if you have an infection that requires treatment. Don't wait. Seek help and save your smile.

Remember the five most dangerous words in the English Language is "Maybe it will go away".

**WE WELCOME  
YOUR FRIENDS  
AND FAMILY AS  
NEW PATIENTS**



**Care to  
Share**

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AND FAMILY**

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

**Care to Share**

## Memorial Day Strawberry Treats

### Ingredients

- 1 (8 ounce) package cream cheese, softened
- 1/2 cup xxxx sugar
- 1/2 teaspoon vanilla extract
- 1 pint fresh strawberries, hulled and cored
- 3 graham crackers, crushed, or as needed



### Directions

Beat cream cheese, confectioners' sugar, and vanilla extract together in a bowl until smooth; spoon into a piping bag or a resealable bag with a corner snipped.

Fill cavities of cored strawberries with the cream cheese mixture. Dip filled side of strawberries in the crushed graham crackers to coat. Top with a Blueberry.

*Thank you Dessertnowdinnerlater.com*

One of my dear patients shared this with me. I think it is fantastic and I think our hygienist, Stacey, does the same excellent job. What do you think?



## The Calculus

My hygienist likes to include me in the decision-making. "Shall we use the hand scaler or the ultrasonic today?" she asks me.

I like the way she says "we," like we're doing something intimate and collaborative, like building a snowman, or more like dismantling one after an ice storm, flake by frozen flake. "The calculus is caused by precipitation of minerals from your saliva," she explains. "You can't remove it with your toothbrush. Only a professional can do that." She's very professional. She doesn't dumb it down.

"Pay more attention to the lingual side of your mandibular anteriors," she says. I love it when she talks like that. I love the names of teeth: incisor, third molar, bicuspid, eyetooth. Her own teeth are virtuosic. "Calculus comes from the Greek for stone," she says. "In mathematics it's counting with stones. In medicine, It's the mineral buildup in the body: kidney stones, tartar on teeth." She teaches me all this as I sit there with my mouth open, looking astonished.

"The Calculus" by Paul Hostovsky from Is That What That Is. © Future Cycle Press, 2017. Reprinted with permission.

**I WANT YOU TO FLOSS YOUR TEETH.**



## Patient of the Month

### Emmie Douglas



Emmie is quite a personality; you can tell by her wonderful smile.

While she is not studying at Woodward Academy and learning to draw on You Tube, she is rooting for her Falcons, who, by the way wear one of her favorite colors—Black.

Summertime is busy with her activities of swimming and tennis.

We hope that Emmie's Falcon's win the Super Bowl this year—Almost is good, but getting that trophy would be better. Keep cheering, Emmie.

Emmie says that her favorite thing about coming to see us, is getting her teeth clean and getting to take home the gift bag afterwards.

**Keep Smiling, Emmie. We have plenty of Gift Bags!**