

# Dr. Foster Smiles

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**Happy Labor Day !**

## And the Winner is....

Women are 26% more likely than men to floss on a daily basis.



74% of women would be embarrassed by a missing tooth, a possible consequence of periodontal disease, compared with 57% of men.

Women are almost twice as likely to notice missing teeth on another person than men.

44% of women are aware that periodontists can help contribute to overall good health, compared with 33% of men.

By: Dr Bicuspid Staff

## We Love New Patients !



Our Practice continues to grow through your kind referrals of friends and family.

Refer some one you care about to us and receive a \$25 credit on your account for your confidence.



## To Floss or Not to Floss. That is the Question.

The Department of Agriculture and Health and Human Services issued their new guidelines and quietly dropped without notice any mention of dental flossing. At the same time The Associated Press reported that research does not support the need for daily dental flossing. Mind you, the Associated Press nor the government bothered to ask the experts at the American Dental Association or the American College of Periodontology before dropping the recommendation. The inference from The Associated Press was that dentists and the manufacturers of floss were in the business of cajoling people to floss to sell floss and further that the American Dental Association stood to gain from the "selling of the seal" of approval to enhance sales from the big companies.

The statement that there is no support for the effectiveness of flossing is just not true. In 2006 there was a study done with 808 children ages four to 13. The study was done over the course of a year and a half with a total of six total trials. The trials were broken into three categories with a control group attached to each one to get the total of six. The three categories of the trials were: 1) professionally flossed five days a week, 2) professionally flossed once every three months, and 3) self-reported flossing at home.

The results were clear. Those who were flossed professionally five days a week had a 40 percent decreased risk of cavities. The key here is being flossed professionally. In other words, those children in the study were being flossed correctly by a dental professional. Just because somebody flosses at home doesn't mean they are doing it correctly. In fact, this study shows that when patients don't know the proper techniques of flossing, they don't get the benefits of it. It's as simple as that. When somebody is flossed with the proper techniques, or "professionally" as this study calls it, the decreased risk of caries is clear. This is where the context of the studies mentioned by the AP is so important, yet negligently left out.

Also, there was no mention as the alternative ways that teeth can be cleaned in between. While many people think flossing constitutes using string floss, there are other options available such as interproximal brushes and water flossers. Using string floss isn't always the best option for every patient. Failing to mention these other options, while stating flossing doesn't make a difference, gives the impression to the general public that they shouldn't be cleaning below the gumline or between the teeth. It is up to our professional expertise to recommend the best option for each patient and to educate them to its proper use.

## Patient of the Month Bess Robinson



Bess has to be one of the most loyal patients we have. She has been with us since 1981!

She is a devoted Christian who loves singing with the choir on

“He will cover you with his feathers and under his wings you will find refuge; his faithfulness will be your shield and rampart.”

Sunday, her favorite day. The choir is such a close group of people that it makes singing a pleasure.

Bess’s husband and daughter also attend church with her so this makes it even more special. On her 60<sup>th</sup> birthday she went with the entire family to Gulf Shores to celebrate. It made that milestone event the most fun ever.

Bess is a Georgia Football fan—Go Dawgs and enjoys listening to Christian music the best. Her favorite artist is Charles Billingsley. At home, Bess loves to sit around the fire with her family and read.

Of course, Bess’s favorite saying is a Psalm from the Bible. To be exact it is Psalm 91. Even though she lives all the way in Young Harris, Georgia, she says she is not going anywhere else. She loves all the people, including Dr. Foster.

We love her and her entire wonderful family. Thank you for being so loyal all these years.



### Can Mouthwash be a Substitute for Flossing?

The bacteria in your mouth called plaque sticks to the teeth. It can only be removed physically or mechanically.

This is done by brushing and flossing. Mouthwash is used to keep your breath smelling fresh and it is not an effective substitute for brushing your teeth at night. Once cleaned, Fluoride rinses can give extra protection against plaque in between daily hygiene habits.

**Dr. Bob's  
Dental Smile  
Plan**

Finally, a Plan that has no exclusions, no deductibles, no waiting requirements, no missing tooth clause, PLUS, a dentist that has been selected as Top Dentist.

Visit our website or call us at 770-971-5119.

## Roasted Corn & Red Pepper Guacamole

Guacamole with avocados, roasted corn, roasted red peppers, cilantro, lime, red onion, and Tabasco garlic pepper sauce. You will be hooked after one bite!

### Ingredients:

- 1 ear of corn, shucked
- 1 red pepper
- 3 avocados
- 1/4 cup chopped cilantro
- 2 tablespoons diced red onion
- Juice of 1 lime
- 3-5 dashes of Tabasco Garlic Pepper Sauce
- Salt and black pepper, to taste



1. Grill corn over medium-high heat, on all sides, until charred. Remove from grill and set aside to cool.

2. Turn the grill to high heat. Place the red pepper on the grill and grill until all sides are black. Place the pepper in a brown

paper bag and let sweat for 10-15 minutes. Remove the charred skin. Cut off the stem and removed the seeds. Chop up the red pepper. Cut the corn kernels off the cob.

3. Halve avocados and remove pit. Cut avocado into a dice inside the skin, then scoop out with a spoon.

4. In a large bowl, combine corn kernels, red pepper, avocados, cilantro, red onion, lime juice, Tabasco, salt, and pepper. Stir to combine. Serve.

Note-If you don't have a grill, you can roast the corn and red pepper over a low flame burner and rotate every 10 seconds to char on all sides. You can also use the broil setting in your oven. You can also use jarred roasted red pepper to save time.

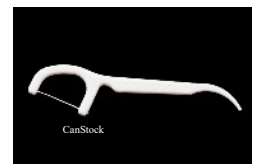
## All Tied up in the String? Alternative Ways To “Floss” your Teeth



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When you come in for your professional cleaning—Fess up, you either floss or you don't and tell us why. We can help. There are other ways to keep your periodontal health in check.

One great option is the flosser. They are easy to use with one hand, and people find they are more likely to use them since they are more convenient to use. Some even have a toothpick on one end.



The Waterpik is a sort of pressure washer for the teeth. It has been shown to remove 99% of plaque and be twice as effective at cleaning the teeth as regular floss.



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Another product that we recommend often is the proxy brush. This product is like a soft-bristled toothpick. It's a nice alternative to floss because it's easy to use and gentle on the gums.

There are other ways too. Ask us! We are here to answer all your questions.