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Smilesbydrbob.com



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Smile and Laugh Often

Smiling can make you happy, even when you are not.



Smiling makes other people happy and makes you more attractive.

Smiling can lead to laughter ...and

Smiling provides stress relief.



FIVE STAR
CUSTOMER RATING

Thank you for your kind Reviews. We appreciate all our patients, especially those who appreciate us.

Pregnant? Questions about your Dental Health



Congratulations!

It is a busy time as you well know. Maybe you haven't thought about how your condition could affect the health or you're unborn child's teeth.

Do I have to change my oral health habits?

If you are maintaining good habits now by brushing twice a day and flossing at least once daily, you are doing a great job. If you aren't, consider making that life change for you and your baby.

Why are my gums bleeding?

With pregnancy comes a rush of hormones that cause changes in the body. As many as half of expectant mothers will contract a mild form of gum disease called gingivitis. Keep brushing and flossing, and you will be able to control the advancement of this disease

Morning Sickness and the effect of the teeth.

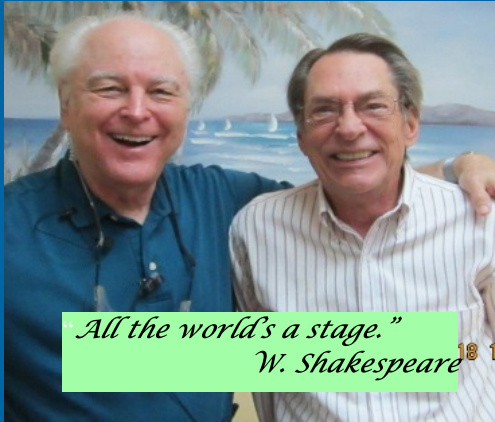
Vomit contains stomach acid that can eat away at your teeth. Unfortunately, upset stomachs can happen any time of the day. If you get sick, do not brush right away. Instead, rinse with clear water or diluted mouthwash. Wait about 30 minutes to brush your teeth to prevent spreading the stomach acid around.

Is it safe to see Dr. Bob during my pregnancy?

Yes. In fact, we may want you to come in more frequently to prevent or control gingivitis. Let us know when you are due when you call and tell us of any change in the medications you take and if you have received any special advice from your physician.

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Patient of the Month David Colby



Our good friend and patient, Dave retired from the Coca-Cola, Corporate Quality Assurance in 2000 and moved to Woodstock that same year.

Having traveled across the U.S. A., England and Germany as well as France, Ireland, Mexico, and Brazil, Dave is well acquainted with the food and people in each country. He thinks that the food is excellent in Brazil (He is a meat and potatoes man), and the beef in Brazil is very tasty with France being a close second. In the food area. However, conversations with the people in Germany is exceptional.

Reading and playing golf are favorite hobbies for Dave as well as reloading the ammunition for his other hobby of target shooting. Reloading the ammo is a detailed process that relaxes Dave, He likes the money savings and the satisfaction of producing ammunition that performs better than those commercially bought.

When Dave was a sophomore at Virginia Tech, as a double major in Chemistry and German, he wrote a letter to the president of Lufthansa, gave him his background and asked the gentleman to help him secure a summer job in Germany. Much to Dave's surprise, the president responded that he had found him not only a job but also arranged a room with a family who spoke no English. The Executive also arranged for transportation from Frankfurt to the town where Dave worked for two months. He, of course, flew Lufthansa to Germany and back home. What a great experience!

Dave says about our office, " The people and Dr. Bob's attention to my needs over the years (1992 to present) has made me choose to travel 30 miles round trip to him and his team."

Thanks, Dave! We are happy that you choose to see us because we love to see you!

No Insurance? No Problem!

Brought back by popular demand, this non-insurance benefit plan is perfect for those who have terrible insurance or none at all.



The plan covers diagnostic and preventive at 100% and all other procedures are discounted by 20%.

There is no deductible, no missing tooth clauses, no predeterminations required, and no yearly maximums.

Contact us for more information. 770-971-5119

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Help! Brushing makes me gag!

This is a tough one. Maybe a different flavor of toothpaste or a smaller brush will work. Or, try to swish and spit before coming back to brush your teeth. It's important to keep up your routine since you're slightly more at risk for cavities, due to acid on your teeth from morning sickness.

Does what I eat affect the baby's teeth?

Eating well can help your baby's teeth form correctly. They begin to develop between the third and sixth months of pregnancy, and eating well can help them form correctly. Get plenty of nutrients – including vitamins A, C, and D, protein, calcium and phosphorous. Also, take a good prenatal vitamin to provide any nutrients that you may inadvertently miss in your diet. Drink plenty of fluoridated water to keep your teeth healthy.

Is it safe to have restorative dentistry during pregnancy?

Procedures like cavity fillings and crowns are safe and essential to have during pregnancy to prevent potential infection. Schedule your checkup in your second trimester and get the treatment done if needed. Waiting until the third trimester may be more uncomfortable. Wait until after childbirth for whitening or cosmetic procedures. If you need an emergency procedure, we will help you decide the best plan for the health of you and your baby. In certain circumstances, we may need to take an x-ray. According to the American College of Radiology, "no single diagnostic x-ray has enough radiation to harm a fetus or embryo" if the patient is shielded safely.

Enjoy Your sweet bundle of joy!