



# Dr. Foster Smiles

1230 Johnson Ferry Place  
Suite C-10  
Marietta, GA 30068  
770-971-5119

Smilesbydrbob.com



February 2020



## Electronic Devices and Dental Injuries

Did your children receive a cell phone or electronic pad for the holidays? Do they presently possess one or have one available to them regularly? Then, it would be best if you took note of this blog.

The fifth most common traumatic incidents in the world are dental injuries. These injuries affect more than a billion people, according to the authors from the All India Institute of Medical Sciences in New Delhi (AIIMS) The most common dental injuries include sports injuries, falls, and traffic accidents. However, the inadvertent dropping of cell phones or electronic tablets is becoming a more common.



These devices can weigh a quarter to a half-pound, and children may not have the strength or skill to handle the electronics for an extended time. The device may fall or be dropped onto their face or teeth, causing damage to the tissue and even partially loosen or knock teeth out.

Increased use of these devices without supervision, is becoming an etiological factor for injuries in children. During a recent three-month period, since the addition of smartphone injuries to their accident registry, ten traumatic dental or facial injuries were registered at AIIMS.



Injuries noted were unsupervised children that suffered damage to the teeth by loosening them or knocking them out, shifting of the teeth, bruising of the lips, and other related injuries.

Make sure your children are supervised and know the danger of dropping the device on them. Holding the phone or tablet above the head is a recipe for disaster.

Thank you to Nitesh Tewari, Ph.D.

## Have Insurance?

**A New Year Means A  
whole New  
Maximum.  
Call today to  
Take  
Advantage of  
your Insurance  
benefits.**



770-971-5119  
SmilesbyDrBob.com

# I WOULD GIVE UP CHOCOLATE BUT I'M NOT A QUITTER

Say Hello to Lexi Meihofer



## Patient of the Month

Lexi is a senior at Walton High School who aspires to be a director. She will go to Georgia State in the fall to receive a degree in film and media.

As she once was a soccer player, she still enjoys watching Atlanta United Soccer and GSU football and basketball.

At church, she is a leader, and she plays the Viola during the services.

This summer, she went to San Francisco to visit her aunt. It was her best trip so far, seeing the sights and eating so much fantastic food. She is looking forward to going to Europe with her family this summer.

She loves hanging out with her friends, watching movies, and listening to her favorite bands, which include Queen, REO Speedwagon, Elton John, and the Beach Boys.

With her friendly determined personality, we are sure that Lexi will succeed in whatever she chooses to do.

We are anxious to find out how far her dreams will take her. Who knows? We may be able to see her name on the big screen; we will remember when her aspiration first appeared.



## Strawberry Trifle for Your Valentine

### Ingredients

1 cup cold whole milk

1 cup sour cream

1 package (3.4 ounces) instant vanilla pudding mix

1 teaspoon grated orange zest

2 cups heavy whipping cream, whipped

8 cups cubed angel food cake

4 cups sliced fresh strawberries

### Directions

In a large bowl, beat the milk, sour cream, pudding mix and orange zest on low speed until thickened. Fold in whipped cream.

Place half of the cake cubes in a 3-qt. glass bowl. Arrange a third of the strawberries around sides of bowl and over cake; top with half of the pudding mixture. Repeat layers once. Top with remaining berries. Refrigerate for 2 hours before serving.

Hint: To cut the angel food cake easily, freeze overnight

Courtesy of: NormaSteiner/tasteofhome.com



### What Am I?

It costs nothing but creates much.

Enriches those who receive it.

Without impoverishing those who give it.

It happens in a flash

But the memory of it sometimes lasts forever.

None are so rich that they can get along without it.

And none are so poor but are richer for a smile.

It cannot be bought, begged, borrowed or stolen.

for it is something that is no earthly good to anyone until it is given away.

*A Heartfelt Smile*

Smilesbydrbob.com