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Smilesbydrbob.com



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We are accepting new patients

Please refer your friends and family. It is through your kind and generous recommendations that our practice continues to grow. Thank you.

No Insurance ? No Problem!

This "in office" benefit plan is perfect for those who have terrible insurance or non at all.

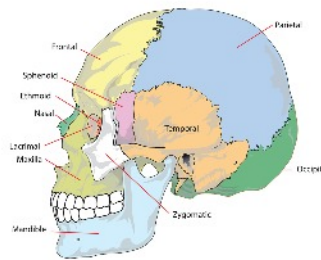
The plan covers diagnostic and preventive at 100% and other procedures are discounted by 20%.

There is no deductible, no missing tooth clause, no plan limitations and no yearly maximums.

Contact us for more information at 770-971-5119 or visit our website at smilesbydrbob.com

My Jaw Hurts!

Stress is a terrible thing, and 2020 gave us a lot of it. Since the pandemic started a year ago, we have seen an increase in stress-related oral health issues. We have witnessed worn teeth, sore jaws, chipped and even cracked teeth. If you have a pain in your jaw you may have TMJD. When a patient has an ache in their jaw, it can make them feel frightened and helpless. But remedies are available to alleviate that discomfort.



What is TMJD? TMJD is a disorder of a small joint with a big name. The temporomandibular joint (TMJ) is where the lower jawbone meets the skull. This joint is what makes chewing and talking possible. Several causes of a joint disorder (TMJD) include injury to the head, neck, jaw itself, arthritis, fibromyalgia, and even genetic factors. But many times, a dentist can see the wear of the teeth in certain places that indicates bruxism.

Why the Clenching and Grinding?

Several factors may cause the attempt to "grinding down" a tooth. Your teeth may be malaligned or you are exhibiting stress orally. We have seen at least a 10% increase in bruxism in the dental industry. After the year we had, how could it not happen?

What can you do about it?

A custom mouthguard fabricated to fit your particular bruxism habit, or you may need one that works to reposition the jaw, is preferred. The thickness of the material can be altered where needed, unlike a store-bought athletic guard. You may need to wear it all the time for a while if your jaw is super sore. Then nighttime after the jaw has calmed down. Specific TMJ exercises can be helpful once your pain has subsided a bit. Start slowly and stop doing them if they hurt at all.

Reduce your stress.



I know this is the hard part. Deep Breathing exercises work wonders when you are in a stressful situation. Meditation has worked for a lot of people. Others enjoy a spa massage or Yoga. Remember that if you cannot control or change a situation in your life, don't even try.

"Today is the tomorrow you worried about yesterday."

Carrot Cake Bars



½ cup unsweetened apple sauce
¼ cup neutral-flavored oil
3 large eggs
½ cup brown sugar
½ cup granulated sugar
1 teaspoon vanilla

2 ½ cups all-purpose flour
2 teaspoons baking soda
1 teaspoon ground cinnamon
½ teaspoon salt
¼ teaspoon ground cloves
¼ teaspoon ground nutmeg
2 cups finely grated carrots
½ cup raisins and chopped nuts (optional)

Cream Cheese Frosting

6 ounces cream cheese softened
2 tablespoons salted butter softened
2 ½ cups powdered sugar
1 tablespoon cream or milk
1 teaspoon vanilla

Instructions

Preheat your oven to 350 degrees. Lightly spray or butter a 9x9 inch baking dish.

In a large mixing bowl, whisk the apple sauce, oil, eggs, sugars, and vanilla.

In a medium-sized mixing bowl, whisk the flour, baking soda, cinnamon, salt, cloves, and nutmeg. Add this to the large bowl then mix until just combined. Fold in the carrots and any optional ingredients then pour the batter into the baking dish.

Bake for 35-40 minutes, or until a toothpick comes out clean. Remove the pan from the oven and let the bars cool completely in the pan.

When the bars are completely cool, make the icing. Add the softened cream cheese and butter to a large bowl or the bowl of your stand mixer and mix to combine. Add the powdered sugar, cream, and vanilla and beat until light and fluffy. Add more powdered sugar for a thicker frosting or more cream for a thinner frosting.

Spread the frosting over the carrot cake then cut them into bars.

Thanks to Kristen Stevens of Recipecritic.com



TMJ Exercises to Relax the Jaw

Research has shown that performing TMJ exercises increases the mouth opening range more than using a mouthguard in people with TMJ disc displacement.

Wait until your pain is better before doing these exercises, building up endurance slowly and individually for each activity. Do the regime when you are relaxed. Doing them when muscles are tense may defeat the purpose.

1. Tucking Your Chin

With your shoulders back and chest up, pull your chin straight back, creating a "double chin." Hold for three seconds and repeat ten times.

2. Resist opening of the mouth

Place your thumb under your chin. Open your mouth slowly, pushing gently against your chin for resistance. Hold for three to six seconds, and then close your mouth slowly.

3. Resist closing of the mouth

Squeeze your chin with your index and thumb with one hand. Close your mouth as you place gentle pressure on your chin to strengthen your muscles that help you chew.

4. Tongue up

With your tongue touching the roof of your mouth, slowly open and close your mouth.

5. Side-to-side jaw movement

Put a ¼ inch object, such as a wooden craft stick, between your front teeth, and slowly move your jaw from side to side. As the exercise becomes too easy for you, stack a few craft sticks on top of each other.

6. Forward jaw movement

Put a craft stick between your front teeth. Move your bottom jaw forward so that your bottom teeth are in front of your top teeth. As the exercise becomes easier, stack the craft sticks like the side-to-side movement.

Be Patient

The point of these TMJD exercises is gradual improvement. You won't feel better right away, but you should be able to start relaxing and aligning your jaw little by little over time. Since none of these exercises are labor-intensive; they can be done quickly while reading or using the internet.

Many thanks to WebMD and David Wilhite, Plano, TX

