



# Dr. Foster Smiles

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**Trick or Treat!**

BEST CANDY FOR YOUR TEETH	WORST CANDY FOR YOUR TEETH
Plain Milk Chocolate Dark Chocolate Sugar Free Gum	Sticky candy Lolipops Sour candy Non-sugar free gum

Choose carefully this Halloween. If you **MUST** have that sticky, sour candy, rinse your teeth with fluoridated water. Wait to Brush your teeth for 30 minutes. Brushing immediately when all the acid is there may scour away your tooth enamel.



## Not a Dental Expert.

Technology sure has made life easier. We can find the latest and greatest place to eat; we can see where you can find the trendiest shoes, and find out the most fantastic veterinarian and Dog Park. In addition, we can look up phone numbers, take photos, and schedule appointments on our calendars.

Because we can look up our symptoms online, it doesn't mean that we can solve the problem. And, sometimes, our research may lead to an incorrect answer. That's why you need a dental expert, a dentist, to examine the situation. This keeps imagination at bay, and the problem gets resolved.



For example, if you have a toothache, information from the internet may help you find temporary relief from the problem, but it's not something that will solve it long-term. After all, Google cannot treat the source of infection or replace a missing tooth. You need dental experts for that. And, that's why we are here. Ignoring a dental problem and relying on a short-term internet solution will only make matters worse.



So, do some research to help you better understand your dental health, but realize that searching online can't treat a dental health problem fully. Instead, use an online search to find the quickest route to our office or to find our number to schedule an appointment.

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EVERY SINGLE HALLOWEEN



600 MILLION  
POUNDS OF CANDY  
IS SOLD

90 MILLION  
OF IT IS  
CHOCOLATE!

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## Poison Apple Punch

4 thick slices peeled fresh ginger

6 cups apple cider

Zest of 1 orange, removed with a vegetable peeler

Zest of 1 lemon, removed with a vegetable peeler

1 to 2 cinnamon sticks

3 whole cloves

1 red apple, sliced into 8 wedges, for garnish

Gummy worms, for garnish

1 750-ml bottle sparkling cranberry-apple juice

1 cup cinnamon whiskey (optional)

Directions

Smash the ginger slices with the flat side of a chef's knife and transfer to a medium saucepan. Add the apple cider, orange zest, lemon zest, cinnamon sticks and cloves. Bring to a simmer over medium heat. Simmer 10 minutes, then strain through a fine-mesh sieve into a pitcher. Let cool to room temperature, then refrigerate until chilled, about 1 hour.

Poke holes in the apple wedges with a chopstick or skewer and insert a gummy worm into each. Add the cranberry-apple juice and whiskey, if using, to the punch. Serve over ice. Garnish with the apples.

Photograph by Ralph Smith

Courtesy of Food Network Magazine



## Sealing Out Decay

Wouldn't it be great if we could seal out bacteria from the chewing surfaces of our teeth? After all, a toothbrush bristle isn't tiny enough to get into those little-bitty crevices on a tooth. Well, as it turns out, you can.



Everything you eat and drink contributes to the sticky film of bacteria called plaque. No matter how you or your child brushes, a toothbrush

cannot remove the plaque from the chewing surface. That's why we have dental sealants.

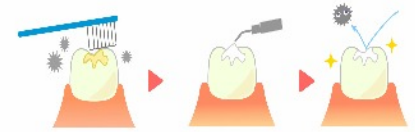
### What is a sealant?

A sealant is a white coating that covers the tiny crevices of the tooth's chewing surface. While applying a sealant takes a relatively small amount of time, it can last several years before needing replacement. The patient should avoid chewing on ice (which has always been a dental "no-no"). Chewing on hard or sticky foods can also break down or even pull off a sealant. With each dental check-up, we will examine the sealant for wear and replace it when necessary. There is a three-year warranty on a sealant, providing you have your bi-annual appointment with us.

### Dental Sealants

#### How is a sealant placed?

- The cleaned tooth is prepared to help the sealant material adhere to the tooth.
- We apply the sealant material to the chewing surfaces, where it bonds to the tooth and hardens. Sometimes, we may use a special light to help the sealant harden.



Sealants are clear or white and cannot be seen when you talk or smile.



#### Who Benefits from Sealants?

A sealant does its best work on teeth that do not have fillings in them. Therefore, they are placed on children's and teenager's permanent teeth more routinely. However, you never outgrow the risk of tooth decay so that adults could benefit from them as well.