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September 2021



HAPPY

LABOR DAY

UNITED STATES OF AMERICA



Your Unborn Child Develops their first tooth buds during the first 6 weeks of your pregnancy. Some babies are even born with a tooth.

Adult teeth don't develop for about 4 months during your pregnancy.

Effective Flossing



Break off about 18 to 24 inches of dental floss.

Next, hold the floss taut with your thumbs and index fingers

Place the dental floss between two teeth.

As the floss reaches your gums, curve the floss at the base of the tooth to form a "C" shape.

Move the floss up and down like a windshield wiper--not back to front like a shoeshine action.

Advance the floss in your hand to get a new section of floss and repeat the steps as you move from tooth to tooth.

URL: <http://smilesbydrbob.com>

Congratulations! You're going to be a Mom.

Don't stop coming to the dentist because you are expecting your baby. We promise that we don't have anything that would hurt your precious cargo. Of course, we will forego x-rays unless absolutely necessary; (Like if you have a toothache).

Before the baby is Born



It is essential for your health, and your child's to have a healthy mouth before your child is born. Many types of bacteria live in your mouth, but when certain bacteria outgrow the others, it can lead to gum problems or cavities.

Pregnancy can make your gums more sensitive to bacteria causing them to become red and even swollen. Because of this Gingivitis, you may require more frequent cleanings. Gingivitis can lead to gum disease if left untreated. You can lower this risk by brushing for two minutes twice a day and flossing once.

Healthy Eating

You are building a tiny human, so it is important to take all of the recommended nutrients that your OB/GYN prescribes. Your baby's teeth will start to develop between the third and sixth months of pregnancy.

Making A Strong Child

Calcium is vital in your diet for you and your baby. Eating at least three servings of dairy or other calcium-rich foods each day will give your baby the necessary calcium needed to build strong bones. In addition, your obstetrician may even recommend calcium pills while you are pregnant. Unlike the old wives tale, your child receives calcium from your diet, not your teeth.



YOU DO NOT LOSE CALCIUM FROM YOUR TEETH WHEN YOU ARE PREGNANT... YOUR DIET PROVIDES THE CALCIUM THAT THE BABY NEEDS.



Broccoli Slaw

Makes 6 servings

1 package (12 ounces) broccoli coleslaw mix

1/3 cup sliced almonds

1/3 cup raisins

2 to 3 tablespoons honey

2 tablespoons olive oil

2 tablespoons orange juice

4 teaspoons grated orange zest

1/4 teaspoon salt

Directions

1. In a large bowl, combine the coleslaw mix, almonds and raisins. In a small bowl, whisk the remaining ingredients. Pour over salad; toss to coat.

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Do you Suffer From Xerostomia

A low flow of saliva often causes dry mouth. This condition is called Xerostomia (zero-STOW-me-uh). Saliva coats and moistens our tongue, cheeks, and the surfaces of our teeth. In the process, the liquid cleanses the mouth and helps digest food as it is being chewed.

Causes of Xerostomia

A consistently dry mouth can result from other health issues or the treatments of those issues. But, the most common cause of dry mouth is medication. While prescribed medicines can cause dryness, there are over 500 over-the-counter medications that are offenders. Most of these medicines are for colds, allergies, pain, high blood pressure, depression, and asthma.



Relief from Xerostomia

Of course, treatment of this condition may depend on the cause. Mentioning the side effects of the medicine could result in another medicine without the drying attribute. Other ways to manage dry mouth include:

- .Sipping water more frequently during the day
- .Chewing sugar-free gum or sucking on sugar-free hard candy
- .Sucking ice chips (DO NOT crunch the ice with your teeth)
- .Using a humidifier to moisten the air
- .Avoid alcohol
- .Apply lip ointments frequently
- .Avoid all tobacco products



It is important to control your dry mouth symptoms because cavities can occur without enough saliva. Brush twice a day for two minutes and clean in between your teeth once.

Chewing Sugarless gum with Xylitol (Trident, Orbit, or

Carefree) 4 times a day lowers oral bacteria levels...



And, this may reduce cavities.