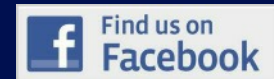




# Dr. Foster Smiles

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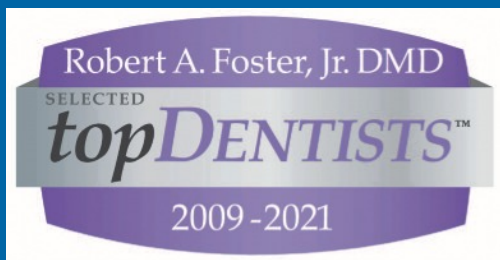
*It's the Most Wonderful Time of the Year*

*Happy Holidays to you and your loved ones!*

*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.*



## 'Tis the Season of Giving

It's true--this time of the year is a season of giving and sharing. Unfortunately, however, sharing a toothbrush can cause a wide range of health issues. Whether intentional or accidental, sharing or using another's toothbrush can expose you and your oral health to many undesirable conditions.



### Bacterial Growth



Toothbrushes harbor a wide range of bacteria and can be passed by sharing toothbrushes. For instance, a bacteria called *Streptococcus mutans*, which causes dental decay, may exist on a toothbrush. These bacteria can metabolize simple sugars into acids. It splits the sucrose in food and uses one of the sugars to build its protective capsule (dental plaque) that sticks tightly to the tooth.

### Bleeding Gums

Toothbrushes can also pass on blood-borne diseases and illnesses. For example, brushing your teeth with a toothbrush previously used by a person with bleeding gums can pass bacteria and viruses into your bloodstream through the toothbrush. And, if the person you share the toothbrush with has hepatitis B or HIV, these diseases could be passed on through the toothbrush as well. Bleeding gums are not typical, whether you've used someone else's toothbrush or not. Call our office for an appointment as soon as possible to catch and treat gum disease in its early stages.

### OOPS! Now, What?



Don't panic if you have accidentally used another's toothbrush. Just rinse your mouth with mouthwash to help dilute the bacteria you may have received. Of course, if you don't feel well after using the person's brush, see your doctor and let them know.





Recipe Photo by Taste of Home

### Sugar "N Spice Nuts

- 1/4 cup packed brown sugar
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon cayenne pepper
- 1 large egg white
- 1 cup salted cashews
- 1 cup pecan halves
- 1 cup dry roasted peanuts
- 1/2 cup dried cranberries

#### Directions:

In a small bowl, combine the brown sugar, cinnamon and cayenne; set aside. In a large bowl, whisk egg white; add nuts and cranberries. Sprinkle with sugar mixture and toss to coat. Spread in a single layer on a greased baking sheet.

Bake at 300° until golden brown, 18-20 minutes, stirring once. Cool. Store in an airtight container.

### The Magic of Veneers



Veneers are thin, tooth colored ceramic shells that are made to order in a dental laboratory and cemented to your natural teeth. This technique can be used to fill spaces and cover teeth that are badly stained, poorly shaped, or crooked.

Call today to see what magic we can do for you!



## Thinking about your Smile over the Holidays?

Do you look at the family pictures and notice you are not smiling? Do you hide in the back, and hope no one can see you are not smiling? Have you ever thought about why? Everyone deserves a beautiful smile. However, it's too late, you may say. But, it's never too late to be happy, and definitely not too late to show your happiness.

A great smile begins with healthy gums. Puffy or bleeding gums are never attractive. You wouldn't put a great-looking house on unstable land. So, be sure to visit the dentist and get those gums in order before even thinking about changing your smile. Once your gums are healthy, you can begin the steps to that great desirable smile.

Do you think you have a beautiful smile? You smile when you're happy and make others smile when they see you happy. A smile is essential for social interaction.

*Cosmetic Services*

*We restore the appearance of one's teeth for a beautiful and complete new smile.*

*Why not have your Dream Smile today?*

Smilesbydrbob.com

At our office, we have extensive experience in cosmetic dentistry. We are responsible for providing a better life to our patients by making a smile of which they can be proud.

Missing teeth, gaps between the teeth, discolored teeth, ground down teeth, chipped teeth, or ugly silver fillings can

be culprits that ruin that gorgeous smile.

At a complimentary smile evaluation, we will discuss your desires and needs for your new smile and the procedure(s) that would serve you best, their preparation details, and the fees involved.

Call us today to schedule your complimentary smile evaluation.

*Stop Hiding your Smile*

Call Today for a free Consult  
770-971-5119  
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