

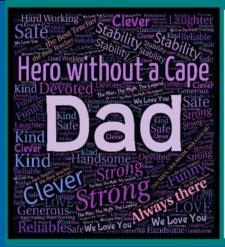
Dr. Foster Smiles

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Smilesbydrbob.com







"When you're young, you think your dad is Superman. Then you grow up, and you realize he's just a regular guy who wears a cape."

Dave Attell

Happy Fathers Day!



Dr. Bob's Dental Smile

Plan

Did You Know?

One of the major sources of bad breath is your tongue! Gently clean it when brushing your teeth.

SmilesbyDrBob.com

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



Why Does My Child Have Bad Breath?

While the primary reason for halitosis is insufficient oral hygiene, bad breath isn't always a

lack of your child brushing their teeth. Here are five surprising reasons for bad breath in children and how to stop them.

* Sinus infection: A sore throat or stuffy nose might show a sinus infection. Fluid collects in the nasal passages and throat, making your child's throat the perfect place for bacteria to gather. Call your doctor if your child has a sore throat or complains of burning nasal passages and post-nasal drip.

* Foreign Objects: Your child's bad breath could result from something stuck in the nasal passages. Curious kids have nostrils just the right size for inserting small items such as beads, beans, toy accessories, and food. If you suspect your child has an object in the nasal cavity, see a doctor to check and remove it.

* Swollen Tonsils: Take a peek in your child's mouth. Healthy tonsils should be pink and spot-free, but infected ones are red, inflamed, have white spots, and smell terrible. If your child's tonsils look swollen or red, your pediatrician should examine them and can prescribe an antibiotic to help take care of the problem.

* Dry Mouth: If kids don't get enough water, their mouths will produce less saliva for washing away odorcausing bacteria. A lack of saliva can lead to tooth decay and cavities; it's worth the extra care to make sure kids drink their water.

* Mouth Breathing: When a child breathes through her mouth (due to a stuffy nose or as a sleep habit), it prevents saliva from washing away the bacteria, which causes bad breath.

Bad breath may not result from your kids skipping the most important part of their usual bedtime routine. Even with regular brushing, other types of bad breath can make bedtime stories unpleasant. Do some research, hone in on the cause of the issue, and take the appropriate action.



know?

Dry Mouth may be effects of prescription medicines. This condition may

result in bad breath and even subsequent cavities.

Keep Hydrated.



Watermelon Margaritas

½ cup white sugar
½ cup water
3 strips orange
zest
2 cups cubed
seeded watermelon
¾ cup white

tequila

¹/₄ cup lime juice
1 pinch salt or sugar for rimming glasses
1 lime, cut into wedges
2 cups crushed ice, or as needed



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Our page is updated almost every day. We have dental tips, information from

our website, news about our team, and Dr.Bob's ever popular "Witty Puns". Sometimes they are funny, but other times they are just plain "groan worthy".

See you there!

https://www.facebook.com/Dr-Robert-Foster-Jr-DMD

chewing Sugarless gum with Xylitol (Trident, orbit, or



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

And, this may reduce cavities.

Bring 1/2 cup sugar, water, and orange zest in a small saucepan to boil, stirring constantly. Simmer until sugar is dissolved, about 3 minutes. Remove simple syrup from heat and allow to cool completely.

Place watermelon in a blender or food processor. Pulse until pureed.

Stir watermelon puree into a large pitcher with simple syrup, tequila, and lime juice.

Place a small amount of salt or sugar into a saucer. Rub edge of margarita glasses with a lime wedge to moisten. Lightly dip the rim of the glass into the saucer to rim the glass; tap off excess salt or sugar.

Fill rimmed glasses with crushed ice; pour margarita mixture into glasses and garnish with lime wedges to serve.

Cook's Notes:

Fill sugar or salt rimmed glasses with crushed ice, then pour margarita mixture over top. Garnish with a lime wedge.

To make a frozen version, crush 1.5 cups of ice in a high-quality blender. Add watermelon, tequila, lime juice, and simple syrup and blend until smooth.

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