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Happy
4th
of July



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.



Are You Suffering from a Food Trap?

Does food catch in an area just above the gumline? Is it so constant that it annoys you, as well? You are not

alone! Defects in this area (called the "cervical" portion of the tooth) are prevalent, particularly in patients over 25. While they come from several causes, fixing them is typically non-obtrusive and yields excellent results.

Defects in these areas are commonly called abfractions. Here, chronic tooth clenching and grinding cause the dental enamel to flex. As it stresses and strains, the enamel around the gum line becomes weakened and erodes. The flexing is not unlike how a toothpick sags in the middle if you repeatedly bend it back and forth. The second most common cause is erosion from aggressive brushing or consuming acidic foods and beverages.

Finally, tooth decay also often plays a role, secondary to abfraction or erosion, as the area becomes a food/bacteria trap.

Fortunately, repairing these defects is usually very straightforward. The tooth will probably only need minimal modification before we place a filling. In addition, the use of bonded materials will better prevent the filling from falling out. The result is a cosmetic restoration that blends in with your natural dental enamel. And, no food trap!

As with any dental procedure, certain circumstances make these fillings challenging to place. For example, the site may be impossible to treat if the area decays before we do the preventive measure due to access and moisture problems. Additionally, deep decay always presents a risk of irritating the nerve of the tooth, thus requiring a root canal.

Don't wait to rid your mouth of any unappealing food traps. Call today for an appointment.





Red, White & Blue Poke Cake

Melissa Riker:
.shakentogetherlife.com

Author: Melissa Riker
Prep Time: 15 minutes
Cook Time: 40 minutes

Total Time: 55 minutes Yield: 10 1x Category:
dessert Method: baking Cuisine: American

Ingredients

One white cake mix + ingredients to prepare it

One 3 oz. box of Berry Blue Jell-o

One 3 oz. box of Cherry Jell-o

One 8 oz. tub of whipped topping (thawed)

Red & blue food coloring (optional)

Patriotic sprinkles or jimmies (optional)

Instructions:

Prepare cake mix according to package directions and allow cake to cool completely.

Using a straw or the handle of a wooden spoon, poke holes all over the surface of the cake.

Prepare each box of Jell-o using 1 cup of boiling water + 1/2 cup of cold water. (This is 1/2 cup less cold water than what is called for on package instructions.)

Carefully pour or spoon the blue Jell-o over a portion of the cake. Take care to get the liquid into the holes.

Carefully pour or spoon the red Jell-o over the rest of cake. Take care to get the liquid into the holes.

Refrigerate the cake for at least 3-4 hours or overnight - this allows the Jell-o to set up within the cake.

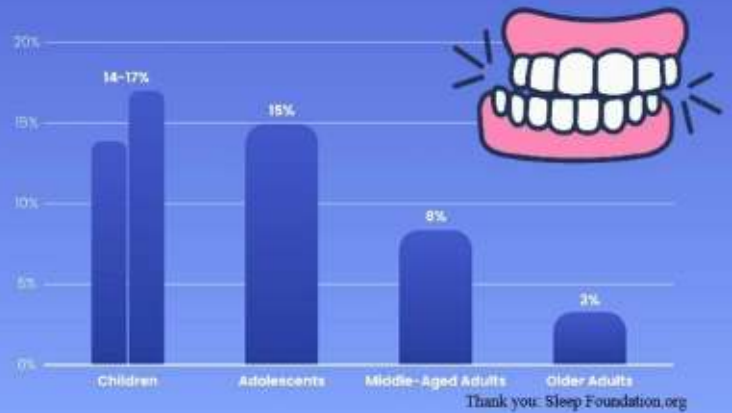
Top the cake with the whipped topping.

Just prior to serving, use a toothpick dipped in food coloring to add swirls of red and blue in the whipped topping.

Add patriotic sprinkles
Cut and serve!
Refrigerate any leftover cake.

People who grind their teeth can exert up to **250 pounds** of pure force.

Teeth grinding is most common in children, adolescents, and young adults



THANK YOU
FOR
ADHERING
TO OUR
COVID
RULES--

BUT--HURRAY!!!!
OUR RECEPTION AREA
IS NOW **OPEN !**
NO NEED TO CALL
BEFORE YOU COME IN.



IT'S SUMMER!
TIME FOR YOUR
CHECK UP!

DO YOU HAVE
AN
APPOINTMENT
YET?