



Dr. Foster Smiles

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** Thank you from the entire team of Robert A. Foster, Jr., DMD/PC. We wish you well for the rest of 2022 and look forward to taking care of your dental needs in 2023 and beyond. Happy Holidays!*



We can no longer offer Dr. Bob's Smile Plan. However, we will honor the agreement of the plans that have previously been purchased.



Are You a Bleachorexic?

We want to look our best for our self-esteem, friends, and loved ones. However can it go too far? For example, Bleachorexia shows a person's unhealthy obsession with whitening one's teeth. People suffering from this condition think their smile is never white enough. Unfortunately, with all the over-the-counter products developed for whitening, it may be easy to drop into this unhealthy obsession.

Where Does a Tooth Get its Color?

The dentin dictates the color of teeth underneath the enamel. Since dentin darkens with age, our teeth become progressively less white. Tooth Enamel is relatively translucent. It is thicker through the tooth's body than on the edges.

For example, baby teeth (also called primary teeth) have very light-colored dentin, almost white. However, since dentin darkens with age, our teeth become progressively less white. In addition, whitening products weaken the enamel. So, if you use whitening toothpaste, whitening mouthwash, and more OTC products to whiten the teeth specifically, the enamel will get thinner (more translucent) while the dentin gets darker.



How white is too white? Most people brighten their smile with two or three shades and are pleased with the result. Further recommendation by

Martin Zase, president of the American Academy of Cosmetic Dentistry, suggests looking at the whites of your eyes. Achieving that shade presents a natural look without throwing off the balance of your face. Remember the episode of Friends when Ross whitened his teeth?



Pretzel Hugs

24 circle or square-shaped pretzels
24 Hershey 's Kisses
Hugs
24 M&Ms

Instructions

Preheat oven to 250°F (121°C).

Line baking sheet with parchment paper or a silicone baking mat. Align pretzels on the sheet. Unwrap Hugs and place one on each pretzel. Stick in the oven until the hug begins to melt down. Mine takes about 4 minutes.

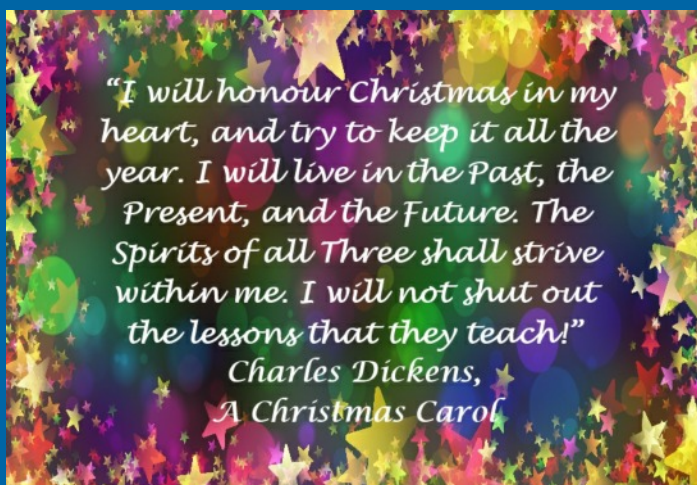
While the Hugs are melting in the oven, get your M&Ms ready because you will have to move quickly once they are out of the oven.

Remove pretzel hugs from oven and gently press an M&M down on each one. The Hug should flatten out when you press the M&M on it. If it is not flattening out, place the pretzel hugs back in the oven for 30 more seconds.

Let the pretzel hugs cool completely and let the chocolate set for about 10 minutes in the refrigerator.

Notes: Make Ahead Instructions: These are a great make ahead treat. You can prepare them a week or two before you need them. Cover tightly and store in the refrigerator.

Thank you Sallysbakingaddiction.com



(Bleachorexic Continued)

You should show all of yourself, not just your teeth. Additionally, it's essential to consider your age and gender. As people get older, teeth naturally darken. Therefore, a middle-aged person with a pure white smile may look strange.



Dangers of Over Doing it

Addiction to or Over-bleaching can result in extreme sensitivity, gum irritation, soft-tissue chemical burns, and the possibility of decay due to the loss of enamel.

Regular teeth are opaque, meaning that you should not be able to see through them. Over-bleaching can wear away the protective enamel, making teeth more susceptible to decay. In addition, the enamel

will not grow back once depleted. The loss of enamel renders the tooth translucent or see-through. Attempting to whiten your teeth with bleach may actually result in the opposite effect by causing your teeth to appear darker as they become more translucent.

If the tips of your teeth appear translucent, you have achieved all the whitening your teeth can handle.

Unfortunately, if you continue whitening, the enamel will continue to wear, and the yellow non-bleachable dentin will show through giving you a darker, not lighter, smile.

If you have any questions, please ask us.

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