



# Dr. Foster Smiles

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## HAPPY ST. PATRICK'S DAY!



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*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.*



## Why do we have Wisdom Teeth?

### Our Ancestors

When a typical diet consisted of chewy plants and uncooked meat, third molars (wisdom teeth) were vital to the caveman's survival. Our ancestors' large jaws needed more teeth to fight the excessive wear that would happen while eating their diet.

### Teething is painful

Today, with the marvelous invention of forks, spoons, and softer foods, we no longer need extra teeth. Yet, if you ask most eighteen-year-olds, they will say that they had "wisdom teeth," and they had problems with them. The teething pain from a third molar is a pain they don't remember as an infant.

### Evolution

Although vital for our ancestors, Evolution occurred and altered our dental structure. Science has proven that jaws have gotten smaller over the years, and those once essential third molars are either too big or the jaw is too small, and the teeth no longer fit. Because of the lack of space, we see them unerupted, partially erupted, and coming in sideways. Even if, by some miracle, they partially emerge from the gums, they are challenging to keep clean. Bacteria gets under gum flaps, and the road to brushing way back there is a chore and almost impossible. This difficulty leads to a cavity or gum condition waiting to happen.



So, though important to our ancestors, wisdom teeth may seriously threaten our dental health. Ask us if you are having pain in the furthest area of your jaw. We can get you some help.

## IT'S FLU SEASON

Change your toothbrush after you're sick!



## Procrastination Has Consequences



**To See is to Know;  
Not to See is to Guess.**

An image taken on a healthy nineteen-year-old female revealed this growth at the base of her lower teeth. Would you want this growth in your mouth? Don't put off the panoramic x-ray which is an integral part of the oral cancer examination.

## What's your LEPRECHAUN name?



### The first letter of your name:

A - Adorable	H - Helpful	O - Outgoing	V - Vibrant
B - Bubbly	I - Itchy	P - Playful	W - Witty
C - Cheerful	J - Jolly	Q - Quiet	X - X-tra Special
D - Dreamy	K - Kind	R - Restless	Y - Youthful
E - Eager	L - Lucky	S - Silly	Z - Zany
F - Fussy	M - Musical	T - Timid	
G - Grouchy	N - Noisy	U - Useful	

### The month you were born:

Jan. - McCheesy	May - McWiggles	Sept. - McBlarney
Feb. - O'Gratin	June - O'Lucky	Oct. - O'Doodles
March - McMuffin	July - McNoodles	Nov. - McWobbles
April - O'Really	Aug. - O'Wacky	Dec. - O'Goofy

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## SHAMROCK

## SHAKE



This shamrock shake recipe is a copy of the McDonald's favorite! It's a mix of ice cream, milk and mint, all blended to creamy perfection.

### Ingredients

2 cups vanilla ice cream  
3/4 cup whole milk  
10 drops green food coloring  
1/4 teaspoon mint extract  
whipped cream, sprinkles and cherries for serving

### Instructions

Place the ice cream, milk, food coloring and mint extract in a blender.  
Blend until smooth.  
Pour into two glasses. Top with whipped cream, sprinkles and cherries, then serve.

Thank you to Dinneratthezoo.com  
Tried this Recipe? Tag me Today! Mention @DinnerAtTheZoo or tag #dinneratthezoo!

## An Exception to the Rule

If you are among the 15% of people who have wisdom teeth come in and fit perfectly in your mouth, you may not need to have the third molars removed. If your jaw is large enough and you can brush and floss your wisdom teeth to keep them healthy, your third molars can stay.

