

### CSL Back to School Fair - Volunteers



On August 6th, Foster Dental Care reteamed with the Community Service League as a participant in their Back to School Fair. Over 1,000 students received a toothbrush, toothpaste and an oral screening prior to getting all of the school supplies needed for the upcoming academic year. Visit our Facebook page for more photos of the event and our YouTube channel for a video.

### Seal Away Tooth Decay!




Decay damages teeth permanently, which is why the team at Foster Dental Care recommends dental sealants when children (usually around 6

years old) first get their molars. However, this process is not just for children, as many adults are great candidates for dental sealants too! This quick, easy, pain-free process can save you time, money and help avoid the discomfort that accompanies cavities. Generally, dental sealants are applied to the four back teeth in the mouth. The sealant is a clear, white or tinted shade that is not visible when talking or smiling. The process only takes 30-45 minutes and is recommended to piggyback a dental cleaning appointment. The lifetime of a sealant is 5-10 years and throughout that time will act as a barrier to food and germ particles from getting into the grooves in your teeth.

Remember, the key ingredients in preventing tooth decay and maintaining a healthy mouth are:

- Brushing your teeth 2x a day
- Flossing at least once a day (better yet – use your HydroFloss!)
- A balanced diet with limited snacks
- Regular dental visits

### Did you know?

The SmileDash Patient Portal is a free and convenient way for you to access Foster Dental Care from any internet connection. Click on the  icon located on [www.fosterdentalcare.com](http://www.fosterdentalcare.com).

On SmileDash you can :

- Review and pay your bills online
- Check appointments you have scheduled
- Change your messaging preferences
- Set personal reminders for yourself

*Wishing all students and teachers a wonderful school year!*



### Referral Raffle Winner!

Foster Dental Care hosted another Referral Raffle as a way to say 'thank you' for all the wonderful patient referrals we receive. The lucky winner of the raffle, Elaine Dull, received an iPad2! Our sincerest thanks to all who refer friends and loved ones to Foster Dental Care.



Elaine showing off her smile and new iPad2!



Our 2nd Annual Dentistry From The Heart event will take place on September 24th. A team of dentists and volunteers will be treating adults in need of dental care from 8am – 4pm. Services are on a first come basis and patients will get to choose from one of three services: cleaning, extraction or filling. If you would like to donate or volunteer, contact Rebeca Swank at 816-228-6988 or [rebeca@fosterdentalcare.com](mailto:rebeca@fosterdentalcare.com).

### COMING SOON: Saturday Appointments

To better accommodate our busy patients, we are expanding our already convenient hours to include Saturday appointments! That's right – in addition to our before school and after work appointments, you will be able to schedule your dental appointments on a SATURDAY! Don't miss out on this premium time slot – call today to reserve your Saturday dental appointment.

### Healthy Back to School Tips

• **Gear Up for Sports:** An injury can take the fun out of gym class and after-school sports but proper sporting gear can help. Sprained ankles and shin splints can be avoided by wearing sport-specific sneakers and use a mouth guard to protect teeth from getting chipped by a fly ball or errant puck or hockey stick.

• **Check in with your Pediatrician and Dentist:** Children who feel sick or are in pain as a result of a toothache will be less likely to do well in class. Keep everyone smiling by making appointments with the pediatrician and dentist to ward off illnesses and detect vision, hearing and dental problems.

• **Keep Smiles Healthy:** According to a report by the U.S. Surgeon General's office, oral-health related problems cause the loss of 51 million school hours per year. Combat tooth decay by getting children to brush for the recommended two minutes twice a day and using proper brushing and flossing techniques.

• **Encourage Healthy Snacking:** Teach children about healthy snacking and avoiding junk food. Stock pre-cut fruits, vegetables, cheese and pre-made peanut butter and jelly sandwiches in their lunch boxes and in the fridge. Also, stick with nutritional drinks like pure milk, water and fruit juice instead of plaque and cavity-inducing drinks like sodas and other artificially-flavored drinks.

• **Select a Back-friendly Book Bag:** The wrong book bag can make your child's walk to school a real pain in the neck--and back. Before you buy a back pack, make sure the straps are well-padded or opt for a bag with wheels and a handle.

Back-to-school time should be fun for everyone. With a little planning, keeping your family healthy and smiling will be a breeze.