



Dr. Foster Smiles

Smilesbydrbob.com



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**We Welcome New Patients!
There is Always Room for Nice
Patients Like You!**



We are
Preferred
Providers
with several
insurance
companies.

See the complete list on our website:
Smilesbydrbob.com

**It's Time to Whiten
your Smile!**



Fast. Efficient. Easy.

Professional Tooth Whitening Opalescence go



No Lifetime Guarantee for Dental Treatment

You come in for your routine examination, and the dentist tells you that the filling done back in 1980 needs to be replaced. In the early days of dentistry, it was common to place silver amalgam restorations or fillings. In the past, the doctor had to make a frame for the filling material so that the material would "lock" into the tooth. This process took away a lot of healthy tooth structure. Silver fillings or amalgam fillings last a long time, but when they start pulling away from the tooth, (cracking), breaking off, causing discoloration, or when you experience sensitivity, that filling needs replacing. Today, we directly bond white colored filling material to the tooth.

How Does Bacteria get under a Silver Filling?

From years of replacing silver fillings with white fillings, I have learned that amalgam fillings leak. I have placed numerous silver fillings, and I know for a fact that I removed all of the decay, but when I take out the filling, I find decay. How did it get there except for bacteria somehow getting into a crevice of the filling?

White Fillings are Superior

That's why bonding is the future, and silver amalgam fillings are part of a Third World Country. White fillings are superior. If decay under the silver filling has gone undetected for so long, it may have claimed too much tooth structure. If there is not enough of the natural tooth left, you may need an onlay or a crown. Unlike some believe, even crowns or onlays do not last forever. Once decay has found its way in from the margin of the crown or onlay, there is no other alternative than to replace the restoration

X-rays Can Help Detect Decay

Periodic images taken can help detect decay under a filling. We can see dark images that indicate the possibility of an infection. The image can also let us know if the sensitivity you are feeling is something more than a simple fix. If shadows are around the roots of the tooth, it may need a root canal.



Good Oral Hygiene Can Delay the Need for Replacement

Careful attention to oral hygiene will help dental work last longer, but, unfortunately, sooner or later, restorations will need replacing. Floss once a day; brush twice a day, and NEVER eat or drink anything but water after your nightly brushing session.

No Insurance? No Problem!

Brought back by popular demand, this non-insurance benefit plan is perfect for those who have terrible insurance or none at all.

Dr. Bob's Dental Smile Plan

The plan covers diagnostic and preventive at 100% and all other procedures are discounted by 20%.

There is no deductible, no missing tooth clauses, no predeterminations required, and no yearly maximums.

Contact us for more information. 770-971-5119

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Watermelon Feta Salad

By LAUREN MIYASHIRO

1/4 c. extra-virgin olive oil

2 tbsp. red wine vinegar

1/2 tsp. kosher salt

3 c. cubed seedless watermelon

1 c. medium cucumber, chopped

1 c. crumbled feta

1/2 c. red onion, thinly sliced

1/2 c. coarsely chopped mint

Flaky sea salt, for garnish (optional)

DIRECTIONS

In a small bowl, whisk together olive oil, red wine vinegar, and salt.

In a large serving bowl, combine watermelon, cucumber, feta, red onion, and mint. Pour over dressing, tossing to combine. Garnish with more mint and flaky sea salt.

Recipe from Delish.com



"Each Delivery of A Baby is a Miracle."

Spotlight on Kim Fine

This wonderful woman has been a valuable patient for quite a while, and we love her!

Kim is a Labor and Delivery RN at Wellstar Cobb hospital, formerly named Cobb General. It takes a special person to welcome new babies into the world. We cannot think of a more exceptional person to help young mothers and their babies.

It would be tough to find a more devoted Alabama fan than Kim. She had to borrow Tabitha's water glass because she didn't have any "Alabama" paraphernalia with her.

"ROLL TIDE!"

Kim listens to Top 40 Music, with Sawn Mendes and Jonas Brothers being her favorites.

Of course, she loves College Football (who wouldn't if you are a Bama fan). She enjoys Fall and Spring weather and reading, especially on the beach.

She has been on two memorable trips to Australia when her husband was on the US disabled waterski team.

We are so happy she is relaxed here. We are happy she feels like family when she visits us because after all, we feel the same about her.

Congratulations, Kim!

Google



**FIVE STAR
CUSTOMER RATING**

Thank you for all of your kind reviews. Your kind testimonials and referrals of your friends and family help our practice to grow.