

Dr. Foster Smiles

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Smilesbydrbob.com





HAPPY FATHERS DAY!

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.



Beware of Bargains in Parachutes, Brain Surgery, and Dental Care.

What Does Blood Pressure Have to do with my Teeth?

Some of our patients have asked why we are routinely



taking your blood pressure before dental procedures.

Most of you see us more often than your physician so you may be unaware of any issues with your blood pressure. Taking our reading will give

you a baseline for your records and will show if you may need any medications. We are aware that some of you are in heavy traffic, rush to get here, and maybe are a little nervous coming here in the first place. We may have to wait another 5 minutes to retake a reading if your pressure records high.

High Blood Pressure May Delay Treatment

If your blood pressure is too elevated, we may need to postpone your visit until you seek a physician to get your hypertension diagnosed and managed with proper treatment or medication. We take a lot of things into consideration such as your age, whether you are a smoker, and if you are currently on



medication to control your blood pressure before we make that decision.



Complications From Blood Pressure

Having dental treatment, including cleanings, fillings, or root canals, can bring

about an elevation in healthy blood pressure. When it reads high, it presents a more significant risk of severe complications during the procedure, including a heart attack.

It is essential to know that the mouth is a part of your entire body, not an adjunct to it. What happens in your mouth can affect your body, and the reverse is also true.



Jack Daniels Steak

4 (8 ounces each) New York Strip Steaks, boneless 1/2- cup Jack Daniel's Whiskey 1/2- cup low sodium soy sauce

1 tablespoon olive oil 1 tablespoon dijon mustard 1/4- cup light brown sugar 3 garlic cloves , minced fresh ground pepper

Directions:

4 whole sweet onions, cut into rings

- 4 zucchini, cut into rings
- 1 tablespoon olive oil
- salt and fresh ground pepper, to taste
- Place the steaks in a pan that is large enough to hold all 4. Set aside.

In a mixing bowl, whisk together the whiskey, soy sauce, olive oil, mustard, brown sugar, garlic, and fresh ground pepper; whisk until thoroughly combined.

Pour the marinade over the steaks, turning the steaks once or twice to coat evenly with the marinade.

Cover with plastic wrap and marinade over night, or at least for 4 hours, in the refrigerator, turning it once while in the fridge.

Remove steaks from fridge 30 minutes before you are ready to grill.

Set up the charcoal grill for direct grilling. Fire up the grill and preheat to high. For steaks, you want the heat as high as possible.

Drain the marinade off the steak and discard the marinade.

Place the steak on the hot grate and grill until cooked to taste, 6 to 8 minutes per side for medium-rare.

Transfer the grilled steaks to a cutting board and let the steak rest for about 5 minutes before cutting. In the meantime, prepare the vegetables.

Season the onions and zucchini with salt and pepper and drizzle with olive oil.

Working in batches, grill the vegetables until tender and lightly charred all over, about 6 to 7 minutes for the onions and zucchini. Dr. Bob's Dental Smile Plan

No Insurance ? No Problem!

This "in office" benefit plan is perfect for those who have terrible insurance or non at all.

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

There is no deductible, no missing tooth clause, no plan limitations and no yearly maximums.

Contact us for more information at 770-971-5119 or visit our website at smilesbydrbob.com



"Small minds talk about people, average minds talk about events; great minds talk about ideas." Eleanor Roosevelt

We would like you to meet a University of South Carolina graduate. He finished his Undergraduate studies with three majors, Accounting, Finance, and Operations and Supply Chain Management. And, he did this all in four years! Bryant is a driven professional who hopes to run for political office.

Bryant likes to read books, keep up with current events, and work out at the gym. He says that these activities stimulate him both physically and intellectually. Additionally, Bryant enjoys Rap and Alternative Rock music and watching the Atlanta Falcons. (Falcons, RISE UP!).

He has enjoyed a study abroad trip with classmates to Brussels and Paris to visit various European businesses. He said it was fascinating to learn about European culture.

After his internship in Atlanta with Pricewaterhousecooper as an auditor, he plans to return to USC for his Master in Accountancy.

Congratulations, Bryant! You certainly are a special young man. We are so proud of you.