



Dr. Foster Smiles

Smilesbydrbob.com



Robert A. Foster Jr. DMD/PC

1230 Johnson Ferry Place, Suite C-10

Marietta, GA 3006

770-971-5119



Happy
Holidays to You and Yours !



Stocking Ideas That Will Make Them Smile

In Office Whitening \$275

(Savings of \$200)

Pre-Loaded Whitening*

(10 applications)

\$72 or 2 pkg \$128

(Savings of \$34 on 2)

Mini Pre-Loaded

Whitening*

(4 applications)

\$40 or 2 pkg \$78

(Savings of \$32 on 2)

Whitening Strips

\$32 (Savings of \$22)

Touch Up Pen*

\$18 (Savings of \$12)

*While Supplies Last



Can Habits Affect your Periodontal Health?

Many studies have been conducted to find out exactly what causes periodontal disease, or gum disease. Once you have the disease, you can only keep it at bay; it doesn't go away, just into remission. So, the best action is to try do everything you can to prevent it in the first place.



Eat More Yogurt for Gum Health

Patients who eat yogurt less than once a week are found to have greater incidence of periodontitis than patients who eat yogurt more frequently."The Probiotics in Yogurt are likely be the reason rather than Calcium.

Steven R. Daniel, DDS, president, AAP

Progression of this disease may be inevitable because it can be aggravated by Diabetes, Genetics, Puberty, Hormonal changes, Pregnancy,

Systemic Diseases, HIV infections, and even Medication use. However, how we handle our oral habits can make all the difference in the world, even if you are predisposed to acquiring it.

Certain habits can affect your gum health that can be controlled. You can certainly choose to quit smoking, make a routine for your oral habits at home such as floss, brush and rinse, as well as choosing what you eat. Acidic foods like Power drinks, colas, even certain berries, and juices, can cause your enamel to dissolve. Sugary foods can create more plaque and hard deposits

Brushing with a hard toothbrush abrades the gums and causes them to recede from the tooth, thus, exposing the tooth structure underneath. This can cause sensitivity and make you avoid that area. This is the worse thing to do. Plaque must be removed from your teeth daily to prevent the onset of the disease.

If you think that you may have gingivitis (the beginning stages of gum disease), don't delay. We can help.

Call us today.



Patient of the Month

We know everyone knows, Mumbles. His latest movie was Happy Feet II. He had a chance to visit our office in his down time and was kind enough to be our Patient of the Month.

Even though Mumbles is quite shy,

he allowed us to take his picture with Dr. Foster. We are so proud that he agreed. He is such an excellent patient. He is also extremely glad that he got a break from the weather at his home.

Mumbles lives in the Antarctic which is one of the most desolate, coldest, windiest and downright grim places on the planet, especially during the season of 24 hour darkness. Some emperor penguins are the only birds that never set foot on land. They are constantly on ice or in the water their entire life. Mumbles was privileged to be one of the few penguins to experience land. Besides his fellow cast members, Mumbles is the only penguin we know to have done that—well, let's face it. He is the ONLY penguin we know.

We are proud of Mumbles. His hygiene is great even though he has to brush his teeth in the dark sometimes.

Congratulations, Mumbles. Keep on Dancing!

WE WELCOME YOUR FRIENDS AND FAMILY AS NEW PATIENTS

Care to Share

REFER YOUR FRIENDS AND FAMILY

GET \$25 ON YOUR ACCOUNT AS OUR THANK YOU FOR YOUR CONFIDENCE

Care to Share



Cheerio Christmas Trees

Cheerio Christmas Trees
Ingredients

- 3 cups marshmallows
- 3 tbsp butter
- Green food coloring
- 3 cups Cheerios
- Mini M&Ms (just the red and green ones)
- Red and Green Skittles
- Canola spray

Directions:

In a bowl, place the marshmallows and butter together and melt in the microwave on high for 40 seconds.

Mix well with a spoon.

Add green food coloring until you have the color you like.

Pour Cheerios into the marshmallow mix and stir well to coat. Leave to cool until the mixture becomes tacky. You may need to put it in the fridge if it is a warm day.

Cover a tray with baking paper. Spray your hands with canola spray and shape the Cheerios mixture into cones and place on the tray.

Remove and decorate with red and green M&M's and place a skittle on top. The trees will still be sticky enough for the decorations to adhere, but you may need to use a little icing to stick the skittle on. Use a dot of a tube of ready-made writing icing.

Place in the freezer for 20 minutes to firm up.

Courtesy of Kidspot.com



Don't Forget:

Dr. Bob is a Preferred Provider of Delta Dental PPO , Delta Dental Premier, MetLife, Guardian Dental Guard, Cigna Radius, and United Concordia Elite.