

Dr. Foster Smiles

Smilesbydrbob.com



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February 2016

February is National Children's Dental Health Month

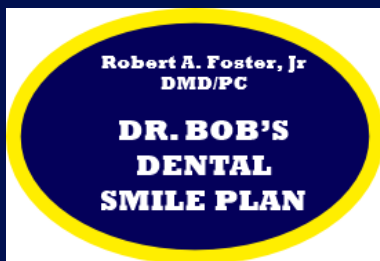


We LOVE our patients!

Happy Valentines Day!

Finally, a Plan that has no exclusions, no deductibles, no waiting requirements, no missing tooth clause, PLUS, a dentist that has been

selected as "Marietta's Best" as well as Atlanta's Top Dentist.



Visit our website or call us at 770-971-5119 .

What Kind of Food Surprises are on your Child's Dinner Plate?

. Lettuce has gotten a bad reputation in that it is considered "empty" of nutritional value. It is true that iceberg lettuce has only 10 calories, but dark leafy greens have a little more nutrition, so try to have a salad a day.

. Milk, cheese, and yogurt are good sources of Vitamin D. If your child is not a big milk drinker, don't fool yourself into thinking ice cream is a good alternative, Ice Cream is made with raw milk and has not been fortified with Vitamin D.



. Recent studies have shown that kids get too much salt. It's no wonder with the salt in many of the foods they like to eat. Pizza, hot dogs, bread, pasta dishes, cold cuts, potato chips, pretzels, soups, and cheese are loaded with salt. Learn to read nutritional labels on the package to avoid high salt foods. Choose the foods and brands with the least salt.

. Low fat can mean high sugar. Unless the product is sugar free (which many are), there may still be a fair amount of calories in the food. Don't let your child eat more just because they are low fat. A bag of baked chips is still a bag of chips.

. Most parents understand that kids should limit their intake of sodas, but substitute sweet tea. Not only does the sugar add calories but tea also has caffeine. Drinking sweet tea is not much different than drinking the soda. And, just like the soda it stains the teeth.

. Since table salts has been fortified with iodine since 1924, most people think that Sea Salt is also a source of iodine. Most brands are not. Salt in processed foods is also not fortified with this essential element. Iodine is needed for proper development of the brain. So, expectant mothers should be sure to get enough iodine. However, be careful. Too much salt will elevate your blood pressure causing other problems.

. Calories count, whether they are from fat, protein, or carbohydrates, especially when your child is getting too many of them and is overweight. Count calories for your child to prevent problems in the future.

Got the Winter Blues?

A Whiter Smile May help.



It is somewhat like the sun. When the sun is out we are happier. If you look good, you will feel good. When you feel good, you smile and it rubs off on others.

Is your smile white enough to share? If not, maybe it's time to whiten that smile.

But should you whiten your teeth? Is it frivolous? Is it Worth it?

..Whitening removes stains caused by smoking, coffee, tea, soda, or wine.

.. A brighter smile boosts confidence and self esteem.

..The natural aging process can cause yellow teeth and make you *feel* old and unhealthy.

..Whitening your teeth is cheaper than other cosmetic procedures. You get a great result for very little investment.

There are several methods to accomplish whitening. We have immediate results with in office whitening, We also have professional whitening strips, and we are also investigating a product with preloaded solutions in disposable trays. We even have a pen for touching up after red wine, coffee or tea. We are confident that we have a whitening method for you.

Because our products have solutions that are more powerful and effective than what you can buy on the retail market , only dental professionals can dispense them.

Call us today to see what option is best for your needs and budget.



Our practice continues to grow from your kind recommendations. Tell your Friends about us.

When they schedule a new patient exam with us you get a \$25 credit for your expression of confidence.

Love Potion Smoothie



Puree in a blender:

½ C Frozen Strawberries

½ C Frozen Raspberries

1 C White Grape Juice

For thicker potion, add more fruit.

Garnish with a Maraschino Cherry

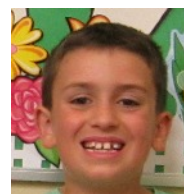
Patient of the Month

Throughout the years, we have had wonderful young patients.

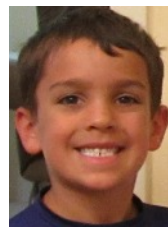
In honor of February being Children's Dental Health Month, we are celebrating ALL of our young patients as Patient of the Month.



A lot of our children patients are third generation patients. That means their grandparents as well as their parents are patients.



There is no greater honor than to be trusted by our patients. Thank you for your confidence.



We enjoy the energy that our young patients bring to the office. And, we love to see them grow up to be fantastic men and women .

So, here's to our joke telling, story sharing, wonderfully funny children. We have pictured just a few here.

