



# Dr. Foster Smiles

[Smilesbydrbob.com](http://Smilesbydrbob.com)

**Robert A. Foster Jr. DMD/PC**

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**We are grateful to you for informing your friends, families, and coworkers of my practice. We value your sharing of your experiences of us online as well as through your wonderful reviews and ratings. We continue to be a growing practice because you. Refer your family and friends and receive \$25 credit on your account.**

## No Insurance? NO PROBLEM!

Don't let high cost premiums get you down.



For an annual fee members receive two cleanings with exams, any necessary x-rays, unlimited problem focused exams and discounts on other services for an entire 12 month period.

Single, Dual, and Family plans available.

For more information call us at 770-971-5119

## You're in the Right Place for Implants!

Not all placers of dental implants are surgeons, but the Journal of the American Dental Association recently published data that showed that dental implant surgery is best performed by a trained surgeon. This results in much higher success rates.

Once the surgery is performed, it is important to have an experienced, qualified dentist to place the restoration. Due to his expertise in the restoration of implants, Dr. Foster has been invited to be a member of ASIRD.

The American Society of Implant & Reconstructive Dentistry (ASIRD) is a nationwide not-for-profit association dedicated to educating

consumers on the value of dental implants and the importance of choosing an experienced surgeon and dentist team for optimal restoration. Membership is exclusive and by invitation only. These teams are recognized for having a collaborative relationship to ensure optimal results. Dr. Foster works alongside (AOS) Atlanta Oral & Facial Surgery to offer you the best outcome for your dental implant needs.

If you are considering replacing teeth with dental implants, talk to us. We'll be happy to arrange a consultation.

You'll be happy that you did!

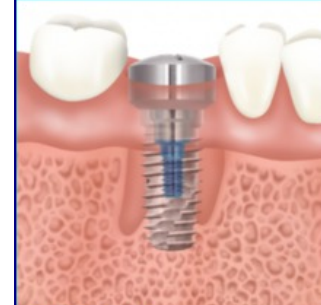
## Three Steps to Dental Implants

### Step 1 Non-Restorable Tooth



Referral to Surgeon

### Step 2 Surgery



Extraction of Tooth  
Placement of Dental Implant  
Bone Graft  
Healing Abutment

### Step 3 Restorative



Custom Abutment  
Implant Crown



## Fruit and Yogurt Parfait

This pretty, dessert-looking cup is as easy as throwing three simple ingredients together.

Yogurt  
Granola  
Strawberries

Buy vanilla and a “pink” yogurt, like strawberry or raspberry, and layer the yogurt with granola and fresh cut strawberries or raspberries. Use Greek yogurt for an added protein punch. Layer your ingredients in a clear cup and if you want to get extra fancy,. Sprinkle some Valentine’s sprinkles on top and add a paper heart on top for extra pizzazz.

Recipe from Dailymom.com

# February is National Children’s & Pet’s Dental Health Month

### 5 Ways to Prevent Kids’ Tooth Decay

**Care don’t share**

Don’t share utensils with your child or “clean” a pacifier by putting it in your mouth. You can transfer cavity-causing germs to your child!

**Eat healthy**

and drink fluoridated water

**First dental visit**

no later than age 1 year old

**Use fluoride toothpaste**

as soon as teeth come through the gums. When kids can brush their own teeth, have them brush

**Seal out decay**

Ask your dentist about applying dental sealants to chewing surfaces of teeth.

**2 minutes** × **2 times per day**

**Mouth Healthy™** brought to you by the ADA American Dental Association  
Learn more at [MouthHealthy.org](http://MouthHealthy.org).

## Bella Dowling



“After your visit with Dr. Foster, they let you pick out your favorite pencil. I like that the best!”

This cute and talented patient is a very artistic five year old whose favorite color is Aqua Blue. We are not surprised that she wants to be an artist when she grows up.

Swimming is fun for Bella, as is ballet and all other types of dancing. We bet she likes dancing while listening to her favorite singer, Taylor Swift.

When not at school, Bella likes playing with her puppy, Paula, and, of course, watching YouTube videos about her interests. By the time Bella gets a little older, she will have already done a lot of arts and crafts, as well as tried out different painting and drawing techniques. We can’t wait to see what she does as an artist!

Congratulations, Bella. We are so happy you come to visit us! Keep that sweet disposition and winning smile!

## DENTAL CARE HELPS YOUR PET LIVE LONGER!

Dental disease is the **#1** illness affecting pets, and can affect heart, kidney, and lung function.

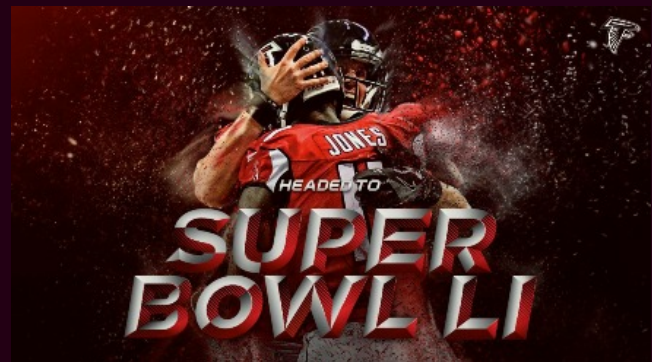
**59%** of pet owners surveyed did not know that! Proper oral care can prevent dental disease.

By age 3, **70%** of cats have a form of dental disease. Your vet can help keep their teeth healthy with a professional cleaning.

That number is higher for dogs, at **80%**. Your dog can learn to allow you to brush their teeth. Flavored toothpaste helps.

Good dental care can help a pet live up to **20%** longer! Talk to your veterinarian about dental care today!

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# Falcons: Rise up!