



Dr. Foster Smiles

Smilesbydrbob.com

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We Have HOT News for the New Year!



We are now preferred providers for Delta Dental and Delta Dental Premier, Met Life Dental, and some policies of Cigna and Guardian. Call us to see if we are on your plan.

Remember, even if we are not preferred on your plan, we can file your insurance and help you get the most benefits available on your policy.

So, if you left because we were not "preferred" on your plan, come on back and experience a good dentist with an excellent team.

Share this with your friends and participate in our Care to Share Program. When they make their new patient examination, You'll get \$25 credit on your account for your display of confidence.



Make a Healthier Mouth One of your New Year's Resolutions

It is that time of year again, but if you are committed to have that healthy bright smile you always wanted, here are five ways to help achieve it.

Schedule an Appointment: If it has been a while since you have seen a dentist, make an appointment for January. According to the ADA, one third of adults do not visit a dentist on a regular basis. Signs that you definitely need to seek dental help is sensitivity in the teeth or bleeding gums- are sure signs that it's time to see a dentist. Even if your teeth look white and feel fine, make a reminder to give us a call.

Commit to Flossing: Even if you brush twice a day, you won't be able to remove the plaque and bits of food that is lodged between your teeth. Don't believe it? Try brushing—then flossing. You will find a lot of leftover plaque and food. You can floss anytime—in traffic, while watching television, after lunch at work, or bedtime. Ideally, it is best to brush, floss, and rinse with a fluoride rinse, but flossing once a day as previously described is better than not flossing at all.

Cut Back on Sugar: Studies agree that there is a direct link between excess sugar and tooth decay. Cutting back can reduce that risk. Make simple swaps will help you cut back. Drink sugarless seltzer water instead of soda. Chew a piece of sugar free gum when your sweet tooth calls you.

Eat Healthier Foods: Resolve to add more healthy foods to your diet to benefit your teeth. According to Delta Dental, fibrous foods that call up saliva, like carrots, apples, celery, and almonds call up saliva to help scrub away plaque and food bits. Dairy foods high in calcium like yogurt, milk, and cheese are also good choices.

Kick the Habit: The CDC states that smoking doubles your risk for gum disease. Even if you have no cavities your teeth can fall out without adequate bone. Gum disease attacks the very bone that holds you teeth in place. Pick a date and remove all tobacco products from your house. Solicit help from family and friends and find a healthy activity for when a craving kicks in. If you struggle to curb the addiction yourself, contact us . We can help.

After Christmas Sale



GO-PRO Mini Preloaded whitening trays:

\$35 and 2 for \$60

Includes 4 trays

Flossing is the Only Answer

Even if you brush twice a day, you won't be able to remove the plaque and bits of food that is lodged between your teeth.



Meet Joe Perusse

A retired manufacturing executive of men's tailored clothing, Joe thought retiring may be difficult for him. He was traveling with work and was quite busy, but, as it turns out, Joe is having the time of his life.

He travels for pleasure, plays golf almost every day but Tuesday (Tuesday the club is closed) with a group of close friends. During these times Joe is outside, having fun, and learning new things.

His favorite trip was to Antarctica. Joe says that with its pristine vastness, seeing it was almost spiritual. And, he has been to many places. So that's saying something.

After graduating from Georgia Tech, Joe spent two challenging, enjoyable years as an Anti-Submarine Warfare Official aboard a destroyer in the US Navy.

Joe enjoys Rock and Roll Oldies and of course, cheers for his alma mater Georgia Tech.

Congratulations, Joe! We love your bright smiling personality.

Put this dinner together in the morning and come home to a great dinner already made.

Slow Cooker Beef Tips



Ingredients

1/2 pound sliced baby portabella mushrooms
1 small onion, halved and sliced
1 beef top sirloin steak (1 pound), cubed
1/2 teaspoon salt

1/4 teaspoon pepper
2 teaspoons olive oil
1/3 cup dry red wine or beef broth
2 cups beef broth
1 tablespoon Worcestershire sauce
2 tablespoons cornstarch
1/4 cup cold water
Hot cooked mashed potatoes

Directions

Place mushrooms and onion in a 3-qt. slow cooker. Sprinkle beef with salt and pepper. In a large skillet, heat 1 teaspoon oil over medium-high heat; brown meat in batches, adding additional oil as needed. Transfer meat to slow cooker.

Add wine to skillet, stirring to loosen browned bits from pan. Stir in broth and Worcestershire sauce; pour over meat. Cook, covered, on low 6-8 hours or until meat is tender.

In a small bowl, mix cornstarch and cold water until smooth; gradually stir into slow cooker. Cook, covered, on high 15-30 minutes or until gravy is thickened.

Serve with mashed potatoes or rice. Yield: 4 servings.

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YOUR FRIENDS
AND FAMILY AS
NEW PATIENTS**



**REFER YOUR FRIENDS
AND FAMILY**

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

Care to Share