



Dr. Foster Smiles

Smilesbydrbob.com



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Have a Wonderful
New Year !

Implants Self Examination



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- Have you lost one or more teeth?
- Do you have a bridge that needs to be replaced?
- Do your dentures slip and click and give you anxiety ?
- Do your missing teeth or dentures prevent you from eating the foods you like?
- Do you have pain or bite problems because of a missing tooth?
- Do you want a more permanent, long-term solution to replace missing teeth?

After self-evaluation, should you decide to pursue Implant Restoration, talk to us. Dr. Foster is a member of ASIRD.

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 a discount on other services for an entire 12 month period.

Single, Dual, and Family plans available.

For more information call us at 770-971-5119

Are Implants Right For You?

Implants can replace your natural missing teeth and offer a long term solution that may be more desirable than fixed bridges or removable partial or full dentures. Unlike a fixed bridge or removable denture, dental implants do not affect the adjacent healthy teeth. If properly cared for, dental implants can last a lifetime.

Many patients prefer dental implants rather than removable replacements. Their quality of life is exceptionally improved as patients are more confident in social settings because of the comfort and security implants provide.

When you fail to replace a missing tooth promptly, bone loss can occur. When placed timely, an implant prevents the bone loss. Often an implant can be placed the same day that a failing natural tooth is removed. The implant does not require any treatment to the adjacent teeth, and because the implant is done immediately the bone is preserved as much as possible.

A good implant team can even replace all your teeth at the same time. Working together, an oral surgeon and Dr. Foster can remove all your failing teeth and in some cases, attach temporary fixed teeth that same day.



Why you should use an ASIRD team

Not every dentist routinely restores and maintains dental implants and not all doctors who place dental implants are trained oral surgeons. By using members of the American Society of Implant & Reconstructive Dentistry, (ASIRD) , you can rest assured that your dentist routinely restores and maintains implants and that only a trained surgeon will place your implant. ASIRD membership is by invitation only and is reviewed annually. Members must perform a minimum number of dental implant procedures in order to maintain their membership, as well as participate in a dental implant education program.

Working together, an ASIRD team is committed to providing a customized, patient specific, long-term solution for the replacement of any of your natural teeth.

Call us today for a free consultation regarding your missing teeth.

Best Ever Slow Cooker Stew



1/3 cup all-purpose flour
 1/2 teaspoon garlic salt
 1/2 teaspoon ground black pepper
 2 pounds beef for stew, cut into 1-inch cubes
 2 tablespoons olive oil
 1 onion, chopped
 1 1/2 cups beef broth
 1/2 cup red wine

1 tablespoon Worcestershire sauce
 3 potatoes, diced
 4 carrots, sliced
 1 stalk celery, chopped
 2 cloves garlic, minced
 2 bay leaves
 1 (1.5 ounce) package beef stew seasoning mix
 1 teaspoon paprika

Directions

Whisk flour, garlic salt, and black pepper together in a small bowl; pour into a large resealable plastic bag. Place stew beef in bag, seal the bag, and shake to coat beef to coat completely.

Heat olive oil in a large skillet over medium-high heat; saute coated beef in hot oil until browned on all sides, about 10 minutes. Stir onion into beef; saute until onion is softened, 5 to 7 minutes. Pour beef and onions into a slow cooker.

Stir beef broth, red wine, and Worcestershire sauce together in a bowl. Pour broth mixture into the same skillet and bring to a boil while scraping the browned bits of food off of the bottom of the skillet with a wooden spoon. Transfer broth mixture to the slow cooker.

Mix potatoes, carrots, celery, garlic, bay leaves, beef stew seasoning mix, and paprika into beef mixture.

Courtesy of Allrecipes.com

Can You Believe This?



When asked, 73 percent of Americans said they would rather grocery shop than floss their teeth.

Care to



Share

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

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

Is your Mouth as Dry as Dust?



Some medications cause dry mouth which can cause bacteria to hang around and cause decay.

AllDay Dry Mouth Spray's mild mint flavor spray provides 25% better moisture retention than Biotene® Spray for rapid and long-lasting comfort. The solution contains a unique combination of mucoadhesives and a super-saturated 44% xylitol concentration to provide prolonged, high-level xylitol Exposure.

Allday has a neutral 7.0 pH, is sugar free, alcohol free, and does not contain any artificial or cavity promoting sweeteners.

Try it today for just \$10.00 and feel the relief!

Patient of the Month

Frosty the Snowman



"We are all like a snowflake; all different in our own beautiful way."

Frosty only comes once a year. And, as you can guess, we love him because he is a jolly, happy soul.

Stacey can't wait to see him, because that is definitely one time a year that she is cool, not hot. In order for him not to melt, he asks that we clean his teeth in a refrigerated room. Publix is more than happy to accommodate our friend and Stacey in their meat locker. So far, Stacey, as well as Frosty, are fine with this set up, but Dr. Foster has to dress like a polar bear to do his dental exam. Because Frosty only eats healthy foods, he has never had a cavity.

Frosty enjoys playing with the children everywhere he goes and hums his favorite tune, which happens to be named after himself. His other favorites are Foreigner's "Cold as ice", "Hazy Shade of Winter" by Simon and Garfunkel, and "Baby, it's cold outside". Jolly Frosty also likes to take train rides (in refrigerated cars, of course), and birthday parties—especially his own.

Frosty's favorite movie is "Frozen" because he appreciates the role of the costar, Olaf. He loves to watch it with his best friend, Jack Frost.

We look forward to Frosty coming every year because he brings so much joy to our young patients.

Congratulations, Frosty! We'll see you next year!