



Dr. Foster Smiles

Smilesbydrbob.com



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June 2017

**Happy
Summer!**



Spring Whitening Sale

Opalescence[®]
go

Convenient

Preloaded Whitening Trays



New Strength!

15 minutes to a Brighter Smile!

Go Pro Mini \$43

Go Pro Full \$68

Mini includes four applications

Full includes ten applications

**Spring Sale
Extended
Thru June**

**Stop in
today!**

Let Them Eat Cheese!



Certain cheeses including aged Cheddar, Swiss, and Monterey Jack have been found to protect teeth from decay.

Have Dental Insurance Benefits Declined?



Medical Insurance premiums have risen and so along with that, your dental insurance benefits may have risen.

Benefits may offer less percentage of payments and higher deductibles. You may even have a waiting period when you didn't have one before. Meanwhile, the insurance company is collecting premiums and giving you less and less for your money. Even if your medical coverage has a rider for dental coverage, you may have noticed a difference in your benefits.

Many of our patients are opting to stop using their dental insurance and take advantage of our in-house Smile Plan. The benefits are many. The deductibles and waiting periods are non-existent. There are plans for single, dual or family coverage. Here is a brief outline of Dr. Bob's Smile Plan:

Diagnostic and Preventive



- 2 Comprehensive Exams 12 mo. period 100%
- X-rays as required for every visit 100%
- Unlimited Problem focused exams 100%
- Periodontal evaluations at each visit 100%
- 2 cleanings in a 12 mo. period 100%
- Additional cleanings 20%
- Fluoride treatments 100%
- Sealants 20%
- Oral Health Care Instructions 100%
- Smile Supplies (excludes fluoride, whitening) 100%
- Preventid, Fluorinse, other prescribed medicines 20%
- Oral Cancer Examination 100%
- Nitrous Oxide 100%
- Whitening (in office, & includes trays) \$350.00*
- *Discounts cannot be used with any office specials

All other Procedures

- Fillings, Core Build-ups, Crowns, Onlays, Veneers, Periodontics, Dentures, Partial Dentures, Fixed Bridges, Implant Restorations, Extractions, Root Canals, Limited Orthodontic Treatment* 20%

* For orthodontics, member must be a plan member for the duration of the treatment in order to retain plan discount.

Call us today if you are interested in our Plan.

Gyro Pita Pockets



Prep time: 14 minutes

Cook time: 2 minutes

Yield: 4 servings

Sauce

1 cup fat-free plain yogurt

1 cup peeled, diced
cucumber (about 1/2
cucumber)

* 1/4 tsp garlic powder

* 1/2 tsp dried dill

* 1/4 tsp salt

Pockets

* 1 Tbs lemon juice

* 12 precooked meatballs, chopped

* 8 mini whole-wheat pita pockets

* 2 cups chopped green-leaf lettuce

* 2 cups diced plum tomatoes

1. Combine sauce ingredients and set aside
2. Heat meatballs in microwave for 2 minutes. Heat pitas in microwave for 1 minute.
3. Slice thin strip from top of each pita; carefully open and fill each with 2 Tbs lettuce, 2 Tbs tomatoes, and 1/4 cup chopped meatballs. Top with 1 to 2 tablespoons sauce.

Patient of the Month, Georgia Joiner

We first met Georgia about 17 years ago and we have developed a great friendship. Georgia's smile is infectious and we cannot help smiling with her.

Georgia is a retired Insurance Benefit Administrator and spends her time in town as well as her home in Florida. One of her favorite pastimes is spending time at the beach.

We find it fascinating that Georgia has traveled to 26 countries as well as 6 states. Of these travels, Georgia says that the countries that were most different from our country were Kenya and Egypt.

Georgia is physically fit because she teaches water aerobics at her complex and takes classes at another place in the winter months. She also enjoys walking, watching the Braves and reading mysteries.

Congratulations, Georgia. We are so happy you are part of our dental family



LOOK! The color of their shirts match.
Georgia said her shirt is dyed in wine!!

What is the Best Dental Insurance?

The best insurance is not a dental rider on your employer's health plan, nor is it a government assisted program, or even the discount plan you can buy for \$10/month. The answer is really quite simple.

The best insurance is in your hands. It is your lifestyle, diet, and motivation. Here are some steps; the rest is up to you.

Six steps to the Best Dental Plan in the World

1. Eat nutrient dense foods. This includes fresh vegetables and fruit. Eat less foods with processed foods and refined sugars.
2. Exercise efficiently—try a combination of aerobic exercise once or twice a week and interval training on alternate days twice a week.
3. Get enough sleep. Start winding down around 9-11pm and sleep 7-8 hours a night.
4. Minimize stress using deep breathing, yoga and muscle relaxation. Your jaw will thank you.
5. Practice good hygiene habits-Floss, Brush, Rinse and brush your tongue to rid your mouth of bacteria.
6. Visit a dentist as necessary. Perhaps you need to come more often than every 6 months. Your dentist will let you know which interval is best. for you.

Why Choose Dr. Bob's Smile Plan?



- **No yearly maximums
- **No deductibles
- **No claim forms
- **No pretreatment estimates
- **No waiting period
- **No preexisting condition clauses
- **Free Smile Supplies
- **Free Nitrous oxide
- **Free Oral Cancer Examinations
- **Free Oral Healthcare Instructions
- **Whitening \$350 (includes trays)



Thank You for your Continued Confidence.

Our practice continues to grow through your kind recommendations.

Tell your friends about us!

When their new patient examination is completed, you will receive a \$25 credit for your expression of confidence.