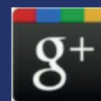




Dr. Foster Smiles

Smilesbydrbob.com



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April 2019



Pass it on . .



CIGNA Dental

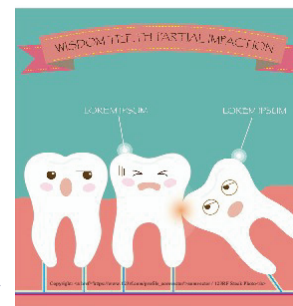
Not only are we "Preferred Providers" for Delta Dental and Met Life, we are also preferred on Aetna Extend, and on some PPO plans of Cigna, United Concordia, and Guardian.

Make your appointment today!

Do I have to get my Wisdom teeth taken out?

Healthy teeth are often fine, but it depends on how the teeth erupt; whether there is enough room for them to come in, and whether you can clean them well because they are so far in the back of your mouth.

A lot of young adults get their wisdom teeth or third molars removed right before going to college, but, it has been shown that almost 60% of third molars need not be removed. However, certain circumstances can occur to mandate their removal.



If the following observations are detected either by your dentist, or you, you may need to have these teeth removed.

If the teeth only emerge halfway and leave a flap of gum over them, this makes them hard to clean and can lead to infection. This is usually caused by inadequate room for the teeth to emerge.

If the teeth are too far back that cleaning is difficult, leading to infections.

The teeth are caught halfway under the gum (impacted) due to lack of space. This can effect your smile and could lead to problems later.

The third molars are coming in crooked.

If your third molars are damaging the surrounding teeth or hurting your jaw, then removal is necessary. If a cyst (fluid filled sac) starts to grow around the tooth it may damage the surrounding tissue and bone. Of course, if you are experiencing pain or bleeding, this may also point to problems about the eruption of your wisdom teeth.

If you are experiencing pain with your back teeth, call today. We can take images to see how your third molars are erupting. Of course, at your regular check ups we will monitor the growth of all your teeth including the wisdom teeth.



Maple Mixed Berry Muffins

With their
soft and tender
texture, these

sweet muffins practically taste like cupcakes! Feel free to substitute your favorite fruit in place of the mixed berries. Store any leftover muffins in an airtight container in the refrigerator for up to 5 days.

2 c whole wheat pastry or gluten-free* flour
 ¾ tsp baking powder
 ¾ tsp baking soda
 ¼ tsp salt
 1 T coconut oil or unsalted butter, melted
 and cooled slightly
 1 large egg, room temperature
 1 T vanilla extract
 ½ c maple syrup
 ½ c plain nonfat Greek yogurt
 ½ c nonfat milk
 1 ½ c frozen mixed berries (such as Trader
 Joe's Fancy Berry Medley)

Preheat the oven to 350°F, and lightly coat a 12 standard-sized muffin cups with nonstick cooking spray.

In a medium bowl, whisk together the flour, baking powder, baking soda, and salt. In a large bowl, whisk together the coconut oil or unsalted butter, egg, and vanilla. Stir in the maple syrup and yogurt, thoroughly mixing until no large lumps remain. Alternate between adding the flour mixture and the milk, stirring just until incorporated, beginning and ending with the flour. (For best results, add the flour mixture in 3 equal parts and the milk in 2 equal parts.)

Gently fold in the berries.

Divide the batter between the prepared muffin cups, and bake at 350°F for 29-33 minutes, or until a toothpick inserted into the center comes out clean. (If using fresh berries, check for doneness about 5 minutes early.) Cool in the pan for 5 minutes before carefully turning out onto a wire rack to cool completely. (The berries will still be extremely hot, so don't burn yourself!)

Recipe from <https://amyshealthybaking.com>



"A person that never made a mistake, never tried anything new"
 Albert Einstein

Say Hello to Kevin Sasser

Shortly after birth, Kevin was given six months to live by his doctors. After a year, they said that he would never walk. When he could run they said that he wouldn't make it past third grade. When Kevin graduated from college, he reminded his Mom of those doctors. We are glad they made those errors because we would have never met Kevin.

Kevin is Director of Sales and Marketing of Argos Risk, a software company that provides third-party risk intelligence solutions to financial institutions and manufacturing companies. He presently, has speaking engagements around the country to groups as diverse as Banking Regulators, the US Department of State, to the Executive Office of the President of the United States. He also writes publications for the banking industry.

He has traveled across the country and is just short of a million miles of flight on Delta airlines. His most memorable trips are ones spent with his family. He and Stacey went to NYC on their 9th wedding anniversary. Another time he and Stacey went to Puerto Rico and stayed at a five-star resort.

Earlier in his career, Kevin launched several companies. To date, none have survived. He remembered his quote when he started beating himself up about the business failures. On his free time he likes listening to all types of music from Classical to the Cowboy Junkies. He shares his love of the Braves with his Dad and his son. He also likes reading, listening to Podcasts, and playing golf.

Kevin gave us a wonderful recommendation when he said that before he came to us, he was using a corporate chain dental office that he equated to Jiffy Lube. They constantly tried to upsell and even recommended cosmetic treatments with a barrage of marketing emails. This only managed to let him know that his health was their last priority. He appreciates that Dr. Foster takes the time to explain what is going on and the attention to detail lets him know that he is really receiving high quality care.

Thanks, Kevin. We're glad we met you.