



Dr. Foster Smiles

Smilesbydrbob.com



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January 2019



Our Wish for the New Year

We pray that you find the success you are seeking, the love for

which you have been searching, and the peace that you are aspiring to have.

May you experience happiness and good health in the coming year. May all whom you love have the same profuse joy as yourself. May they enjoy good health .

Our wish includes the healing of our nation and of the entire world. May the people of the earth come to know diversity and tolerance for all humanity. It is in the differences that we are made whole.

We appreciate your loyalty and friendship.

Are You Kissable?



Do you get complaints in the love department when you become intimate with that special someone? Are you not kissable enough? Does your special one turn and run for the hills? Did you notice your loved one was mysteriously absent for that midnight kiss at New Year's Eve?

You may be Suffering From Sinus Issues

Bad breath is not only a kiss buster but also may be a reason for a medical checkup. You may be suffering from nose and mouth issues. It may be congestion or infection of the sinuses. This lousy breath will leave once the sinus clears. However, if it remains, it may be cause for more investigation.

Poor Dental Hygiene

Flossing once a day to remove plaque between your teeth is recommended as is brushing twice a day. After cleaning at night, refrain from any drink or food. Don't forget your tongue. It harbors a lot of germs and can be a cause of halitosis.

Clean those Removable Teeth

Rest your gums and soak your dentures and partials at night. The soak will remove the bacteria and plaque that builds up on them. Just like natural teeth, this build-up can cause bad breath.

Dry Mouth

Xerostomia is a condition of dry mouth. A lack of saliva causes the particles of food and bacteria to stick to the surfaces of the teeth and tongue. The breath is affected by the germs. Medicines can release chemicals in the mouth that causes the mouth to dry or prevent the production of saliva.

Medical Conditions

If after exploring all the above causes and you and your dentist are still perplexed, it may be time to see your physician. Chronic bad breath can be a symptom of some cancers, metabolic disorders, gastric reflux of stomach acids, and other conditions.

Breath Mints

Of course, some foods such as onions, garlic, and some spices will cause a temporary bad odor. If you reach for a breath mint make sure it is, sugar-free — no need to wash your teeth with sugar in regular breath mints.



Honoring Our Smile Family

We have had so many beautiful people as patients of the month. We have many other individuals who are outstanding as well. So, this month we would like to honor ALL of our wonderful patients, whether you have been one of our monthly highlighted ones or not.

Many types of People

Through the years we have met many unique people while caring for their dental needs. We have entrepreneurs, corporate employees, corporate CEOs, firefighters, paramedics, dancers, IT employees, Nurses, Doctors, Veterinarian assistants, Cable TV employees, Marketing managers, Writers, and many more exciting careers.

Choose Health

One thing that is characteristic of all our great patients is that they want the best for their and their loved one's health. We consider it a great honor to have been chosen by such an elite group to be their dental care providers. It has been my privilege to serve such an extraordinary group of individual people. I enjoy my work because I have such beautiful patients for which to provide quality dentistry. I try every day to meet or exceed the expectations of my dental family.

My Quality Employees

My team deserves to be acknowledged in the Smile Family for, without them, I would not be the dentist I am. They are the heart and spirit of this practice. It is a joy to have Tabitha answer the phone and take care of any billing and insurance issues and to have Stacey provide the loving care when she cleans teeth and gives instructions for home care. I am so happy to have Theresa back as my right-hand assistant. These ladies know me so well; they know what is on my mind even before I do. They make my job more relaxed and more pleasant.

You Deserve an Award

So enjoy your time in the spotlight. You are all very important to our entire Smile Team and me.



**No Insurance?
No Problem!**

Brought back by popular demand, this non-insurance benefit plan is perfect for those who have terrible insurance or none at all.

The plan covers diagnostic and preventive at 100% and all other procedures are discounted by 20%.

There is no deductible, no missing tooth clauses, no predeterminations required, and no yearly maximums.



Hash Brown Quiche Cups

Ingredients

- 1 large egg
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

2 cups frozen shredded hash brown potatoes, thawed

1/4 cup shredded Asiago cheese

FILLING:

- 3 large eggs
- 1 tablespoon minced fresh chives
- 1/3 cup shredded Colby-Monterey Jack cheese
- 1/3 cup fresh baby spinach, thinly sliced
- 2 bacon strips, cooked and crumbled

Directions

1. Preheat oven to 400°. Grease eight muffin cups.
2. In a bowl, whisk egg, salt, and pepper until blended; stir in potatoes and Asiago cheese. To form crusts, press about 1/4 cup potato mixture onto bottom and up sides of each prepared muffin cup. Bake 14-17 minutes or until light golden brown.
3. For filling, in a small bowl, whisk eggs and chives until blended; stir in cheese and spinach. Spoon into crusts; top with bacon. Bake 6-8 minutes longer or until a knife inserted in the center comes out clean.