



# Dr. Foster Smiles

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Pinterest



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[Smilesbydrbob.com](http://Smilesbydrbob.com)



## Mini Whitening Sale

Just in time for Prom and Graduation  
It's the **Minion Mini Opalescence Go**  
Pre-Loaded Whitening Trays Sale



Five Application Box for  
Upper & Lower \$42  
or 2 boxes for \$78  
**Regular price is \$51  
each**

**Dr. Bob's  
Dental Smile  
Plan**

### 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.



### Are Opioids the ONLY Pain Management Option?

Recently, I attended a conference on the overuse and possible addiction risk of Opioids. The pain reliever comes in many forms and names.

Opioid prescriptions after third-molar extractions are common in the U.S., but not in other countries. For instance, The world's supply of hydrocodone is prescribed and consumed in the U.S., and opioids are never or rarely in other countries.

How do you know you have a prescription for an Opioid? They are manufactured under many names. You may have seen Hydrocodone, Oxycodone, Tramadol, Codeine, Morphine, Buprenorphine, Fentanyl, and Methadone. All these drugs fall into the category of Opioid. The top three drugs prescribed are Hydrocodone, Oxycodone, and Tramadol.

Generally, removal of the third molars is done in the teenage years. The judgment centers of the brain do not fully develop until the early to mid-20's, but the pleasure part of the brain is fully developed, making teenagers at risk for opioid abuse.

Most parents are concerned about the risks and side affects associated with opioids, yet almost half believe their children are safe from the perils of addiction. The disturbing part of a recent study shows that nearly two-thirds of parents believe that opioids manage pain better than alternatives, despite the research that shows that a combination of NSAIDS can manage pain as well as, or even better than, opioid analgesics, without opening the door for possible addiction.

Instead of a prescription, the use of ibuprofen combined with acetaminophen has been proven to be useful in managing postoperative pain. Sometimes, the use of an opioid is needed. Ask if there is an alternative to this pain medication to prevent the risk of addiction.

# Strawberry Crush



This next refreshing dessert from can be made with any fruit of your choosing. Martha Stewart goes for strawberries in this strawberry crush. Along with the fruit, this dessert only requires ice, almonds, sugar, milk, and an almond-flavored liqueur. The cool, fruity dessert is made in a blender. And it has healthy fats from the almonds, as well as fiber and antioxidants from all of the fruit.

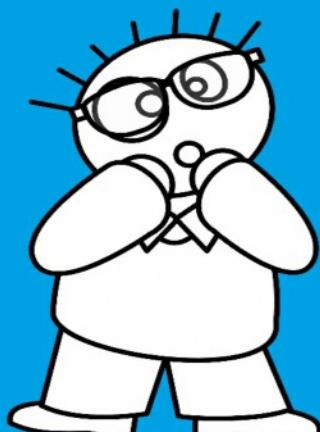
## Ingredients:

4 cups strawberries, hulled and halved  
1 cup ice cubes  
1/4 cup whole unblanched almonds  
1/4 cup sugar  
Granulated Sugar 4 Lb  
3 tablespoons milk  
2 tablespoons almond-flavored liqueur, such as Amaretto  
2 teaspoons slivered unblanched almonds, for garnish

## Directions:

1. Place strawberries in an airtight container or plastic bag and leave in the freezer for 1 1/2 hours.
2. Remove strawberries from freezer. Place half of the frozen strawberries in the jar of a blender. Add ice, whole almonds, sugar, milk, and liqueur and as many more strawberries as will fit. Blend until there is enough room to add more strawberries. Add remaining strawberries and blend until smooth and spoonable. Divide among 4 serving dishes. Garnish with slivered almonds and serve immediately.

**Did You Know?**  
**A Portrait of President Reagan made of 10,000 Jelly Belly Beans hangs in the Ronald Reagan Presidential Library in Sun Valley, California.**



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"The Happiest people are NOT those getting more; it is those who are giving more."

## Introducing Phyllis Candra

I met Phyllis in 1976 when my wife and I lived in the Windy Hill apartments in Smyrna. And, she has been a patient ever since. That was two children ago (one for each of us) and fillings, crowns, and even an implant ago. She is special to the team because of her positive outlook and energy. We like that she treats us as part of her family, just as she is ours.

She travels from Gwinnett county to see us. Even though she retired as an administrator in a middle school several years ago, she can't shake that teaching career of 36 years. She is a supervisor of student teachers at Georgia State University!

Phyllis is quite active with yoga classes three times a week, pickleball, and cheering for the Georgia Bulldogs (and working). As a baby boomer, she enjoys 60's and 70's music, especially Led Zeppelin and soul music.

She did take time out to visit Israel for a ten-day tour. She said it was fantastic to walk where Jesus walked in Jerusalem and seeing the Tomb of Jesus, the Garden of Gethesame, and floating in the Dead Sea. She felt safe as the Israeli police were present everywhere.

It is so wonderful having good friends that think so highly of us that they travel over an hour to see us and even refer her friends to us as well.

Thank you for your friendship and loyalty.