

# Dr. Foster Smiles

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

**Robert A. Foster Jr. DMD/PC**

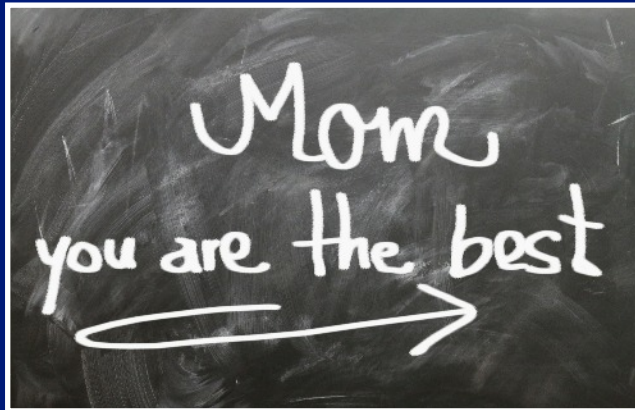
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Marietta, GA 3006

**770-971-5119**



May 2019



*Happy Mother's Day to all the wonderful Moms in our life*

### 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 pre-determinations required, and no yearly maximums.

Contact us for more information. 770-971-5119

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## “ZING” Goes that Tooth AGAIN

The first sign that a cavity is attacking your pearly whites may be a sudden sharp twinge. That sensation may fool you into thinking that the cavity happened overnight when it can take a tooth several months to show any symptoms, other than that sharp jab.



### What is a cavity? (Decay)

The bacteria that create acid when we eat sugar or high carbohydrates causes tooth decay. (cavity) Of course, the more sugary foods you eat the more the bad bacteria thrive, create more acid, and thus break the tooth down.

### Maybe it will go away

If the pain or zinging is only occasionally, you may forget about it until it gives you that sensation again. If you are tempted to put it on the back burner, you may suffer from a possibility of various tooth problems that could have been avoided by seeing us when you first felt it.



### Your Tooth can Split

If you have a large filling in the tooth, it is more susceptible to cracking. We take images of your teeth to be proactive in detecting decay; Decay can be discovered in-between and under a filling. Mindless chewing can cause a decayed tooth to crack. Never chew on ice as the sudden changes in temperature coupled with the hardness of the ice can traumatize the tooth enough to split it.

### Nerve Destruction

In the middle of the tooth is a hollow tube that holds nerves and blood vessels for your tooth. When decay reaches into the nerve, you may have excruciating pain all the time. If allowed to continue, if you can tolerate it, the nerve will die. After the nerve dies, there will be no pain. But, decay marches on, and you could lose the tooth altogether. Infection that gets into the nerve of the tooth can cut off the blood supply to the nerve, and the tooth will die.



### You could get an infection.

Leaving dead tissue in your tooth can make your body vulnerable to a host of abscesses and infections. Toxins from that tissue infect the bone of the tooth, through the cheek, and into the floor of the mouth. Your glands and jaw can swell, and you may even get a fever. Severe dental infections can lead to life-threatening brain infections.

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**Smile..Reduce Stress**



**"I brought your shoes. Remember, you said we were going to go out tonight."** © Can Stock Photo / andrewgann

## Suzanne Nelson



*"Cast your cares on the Lord, and he will sustain you."*

Suzanne can boast about being on every continent in the world. She recently went on a cruise to Cuba. Her late husband, a

great guy, was in the military which afforded her an excellent opportunity to see the world. Her most recent trip was a cruise to Cuba, but she says that the most beautiful places she has visited were Israel, Africa, and Alaska. With her being an avid photographer, we would love to see some of those pictures.

We admire Suzanne for being one of the most caring people we have met. She relentlessly took care of her husband during his illness. Her cheerful disposition was an inspiration to us all.

While she has won ribbons and award for her photography, this lovely lady has also received recognition for her needlework. For outdoor activity, she likes to play tennis.

She tells us she has sung in the choir for 25 years. Maybe she practices singing with her favorite artist, Neil Diamond when she is not harmonizing with the church singers.

Another interesting fact about Suzanne is that she is proud of her five children, her eleven grandchildren, and her one great-grandchild. Wow, now that's a lot of birthdays to remember!

Thank you for coming to our office and spreading your cheerful, caring spirit with us.

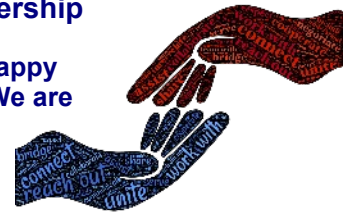
("ZING" continued)

### Avoiding all of the above

It is essential to visit a dentist every six months, and to allow a health professional to take image films periodically to prevent cavities. This can stop a condition from worsening from should a hole be detected.

### Dentistry is a Partnership

Your health is our concern. A happy mouth makes a happier person. We are here for you. Call us at any time.



### Chicken Salad by Fickle Pickle



16 cups water  
1 cup vinegar  
1/4 cup salt  
1 bay leaf  
1 (.75-ounce) package fresh tarragon, one sprig saved, remainder of stems removed, leaves roughly chopped, divided

Photo: AdrienneHarris

5 pounds boneless, skinless chicken breasts  
6 ribs celery, small dice (about 2 cups)  
1 cup dried cherries  
1 cup hazelnuts, toasted and toughly chopped  
1 1/2 cups mayonnaise  
1 cup sour cream  
Juice of 2 lemons  
Salt and pepper

1. In a stockpot, combine water, vinegar, salt, bay leaf and tarragon sprig. Heat water to between 180 and 190 degrees.
2. Add the chicken and poach for 20 to 30 minutes or until the chicken is fully cooked, reaching an internal temperature of 160 degrees. Drain and cool.
3. Discard cooking liquid. Cut the chicken into medium dice.
4. In a large bowl, combine diced chicken with celery, cherries, hazelnuts and chopped tarragon leaves.
5. In a small bowl, whisk together mayonnaise, sour cream and lemon juice. Season with salt and pepper.
6. Stir into chicken and taste for seasoning and additional lemon juice if needed. Makes: 14 cups

This recipe is easily halved or quartered.

## We Welcome New Patients!

There is Always Room for Nice Patients Like You!



We are Preferred Providers with several insurance companies.

See the complete list on our website:  
[Smilesbydrbob.com](http://Smilesbydrbob.com)