

Dr. Foster Smiles

Smilesbydrbob.com

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Summer Can't Be Over!



Dentistry is a Partnership

A NOTE FROM DR. BOB

Your dental care is our #1 priority. We base our treatment recommendations on that of the American Dental Association and the Academy of General Dentistry. When we visually examine your mouth, we can only see half of the picture. We

cannot see what lies beneath the gums. That is the reason x-rays are so necessary. Because we are concerned about your oral care AND radiation, we have invested in digital x-ray machines for all our images. The radiation needed for the image is reduced by 90%. If you have been a patient of record for a long time, you know that we were one of the first offices to purchase this new technology.

When you get a denial of treatment from your insurance, does that mean that we did the procedure unnecessarily? That might be the implication from the insurance carrier, but that most certainly is not the case. We take cavity detecting images yearly to be able to see between your teeth as well as periapical images of your front teeth. We have found that since we are no longer taking panoramic x-rays as frequently, we may take images of the anterior teeth. Without these images, there is no way for us to see the health beneath the soft tissue of the front teeth. Without taking adequate images, we mostly are blind in that area, and a gum problem or even a root crack can occur. The problem may go undetected until you come in with a concern, and by then it can be catastrophic.

Dentistry is a partnership. Insurance companies are NOT partners with anyone but themselves. Unlike our office, their bottom line is not your well-being. Instead, it is the money they make by denying claims as they collect the premiums. I welcome YOU, my patients, as my partner in this journey. It is my promise to you that I will not over-treat you with unnecessary procedures, including x-rays.

When we say that we need a "picture" of the tooth or area, even for preventive measures, we are only keeping your long term dental health in mind. "To see is to know; not to see is to guess." Teeth are body parts, and just like other parts of my body, I want facts, not guesses. You should expect the same.

*Sincerely Yours,
Dr. Bob*

Carrot Chips



Healthy Snacks don't have to be hard. Try this for a Make ahead snack that is nutritious and easy.

2 pounds carrots (pick the fattest carrots you can find)

1/4 cup olive oil, or melted coconut oil

1 tablespoon sea salt

1 teaspoon ground cumin

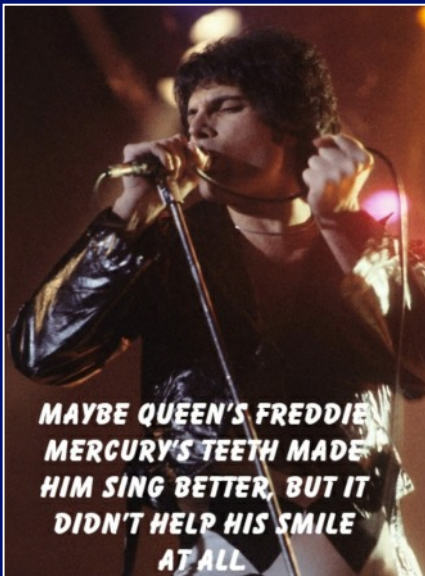
1 teaspoon ground cinnamon

1. Preheat the oven to 425 degrees F. Line several large baking sheets with parchment paper and set aside.

2. Trim the carrot tops off. Starting on the thick end slice the carrots paper-thin on the bias to create elongated slices. You can do this with a chef's knife, but it's better to use a mandolin slicer on the smallest setting. When you get down to the thin end, stop and save them to use in soup or salad.

3. Place the carrot slices in a large bowl and add the oil, salt, cumin, and cinnamon. Toss well to coat thoroughly. Then lay the slices in a single layer on the baking sheets.

4. Bake for 12-15 minutes, until the edges start to curl up and turn crisp. Then flip all the chips over and bake another 5-8 minutes to crisp the bottoms. Once cool, store in an airtight container for up to 2 weeks.



MAYBE QUEEN'S FREDDIE MERCURY'S TEETH MADE HIM SING BETTER, BUT IT DIDN'T HELP HIS SMILE AT ALL.

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Introducing Karen Gyatt

It is a blessing to us that this talented and loving lady travels a long way to stay

in our dental family even though she is busy giving of herself in beautiful ways.

She has a full-time job as a Manager, Accountant, and Administrator, and yet, she has managed to write three novels. She is presently searching for just the right editor. Look for the novels; they are "Two Families, United yet Divided" and "The White Embalmer (Keen & Royer)" and "Innocent Eyes of the Freak Show." She also has written a short story "Georgi's time of Job" (a Christian story). Once she gets the right editor, the sky is the limit!

It's no wonder that her favorite quote is that of Calvin Coolidge on persistence:

"Nothing in this world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan Press On! has solved and always will solve the problems of the human race." Calvin Coolidge

She supports several Christian charities like Samaritan's Purse, Prison Fellowship, Food for the poor, Dr. David Jeremiah-Bible Strong, International Fellowship of Christians and Jews, and Christians United for Jews.

Additionally, she is into healthy living and working out at the gym.

Thank you, Karen for sharing your life with us and continuing to be one of our most loyal patients. We enjoy your company.

No Insurance ? No Problem!



This "in office" benefit plan is perfect for those who have terrible insurance or non at all.

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

There is no deductible, no missing tooth clause, no plan limitations and no yearly maximums.

Contact us for more information at 770-971-5119 or visit our website at smilesbydrbob.com