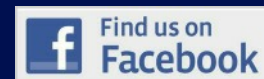




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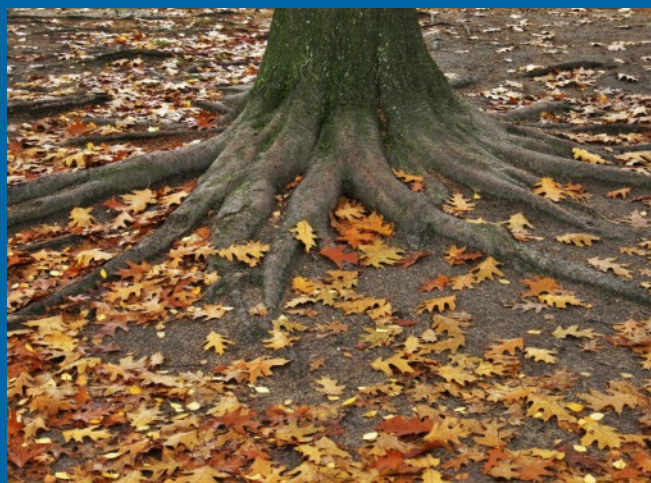
Smilesbydrbob.com



November 2019



May you and your family have a wonderful and blessed Thanksgiving.



DON'T LEAVE YOUR INSURANCE BENEFITS BEHIND. CALL TODAY TO USE THEM.

Fighting the "Bad Guys"

Did you know that you have "bad guys" that are trying their best to ruin your oral health? Yep. Right there in your mouth, you have bacteria that thrive from food left between your teeth; and those bad boys grow at lightning speed.

Don't Leave 25% of the Bacteria in your Mouth

Brushing your teeth only once a day allows the bacteria and plaque to build up too long and leads to the nuisance of bad breath, cavities, and gum disease. And, cleaning your teeth solely with a toothbrush leaves 25% of the bacteria behind. Bad breath can be remedied with mints, but can a mint treat gum disease? Not hardly. Periodontal disease attacks the bone that holds your teeth in place. That is a big problem. Using the "good guys," fluoride rinses and toothbrush, will help you fight the bacteria left in your mouth. And, brushing those teeth twice a day help you fight the plaque build up. But, how do you retrieve the gunk between your teeth?



That's where the other "good guy" comes to the rescue. Floss gets the trapped plaque and bacteria from between your teeth and rinsing with a fluoride-based mouth wash can clear out whatever bacteria and particles are left behind as well as strengthen your pearly whites.

Brush Twice a Day and Visit your Dentist

If you get lazy and choose to brush only once a day, and even start canceling your dental appointments, you are giving the "bad guys" a leg up on destroying your oral health. Plaque under the gums leads to irritated bleeding gums and can transform into a condition that causes the body to turn on itself. Your teeth and gums become victims of bone loss when pockets start to form between the teeth and gums. As the disease (periodontal disease) progresses, the gums get infected, the gum tissue is lost, and bone loss occurs. Tooth loss may even happen.

The next time you think about "skipping" that nightly cleaning, remember all the "bad guys" having a party in your mouth and use the "good guys" to break up that celebration.

Pumpkin Bread



Ingredients:

1 (15 ounce) can pumpkin puree
4 eggs
1 cup vegetable oil

2/3 cup water
3 cups white sugar
3 1/2 cups all-purpose flour
2 teaspoons baking soda
1 1/2 teaspoons salt
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
1/2 teaspoon ground cloves
1/4 teaspoon ground ginger

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease and flour three 7x3 inch loaf pans.

In a large bowl, mix together pumpkin puree, eggs, oil, water and sugar until well blended. In a separate bowl, whisk together the flour, baking soda, salt, cinnamon, nutmeg, cloves and ginger. Stir the dry ingredients into the pumpkin mixture until just blended. Pour into the prepared pans.

Bake for about 50 minutes in the preheated oven. Loaves are done when toothpick inserted in center comes out clean.

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Patient of the Month



Pattie Jackson loves being a Real estate Consultant and especially loves staging her own houses. She has had a successful business for many years as a Team Leader and Listing Specialist. She brings 13 years of negotiation and marketing experience to the table. If you need an agent of this caliber, you may want to give PS Jackson Associates a call.

In her off-hours, Pattie loves hiking to help her think clearly about what is essential. Exercise has always been vital since she was a figure skater when she was younger. Watching Figure Skate Competitions and cheering for the Braves rank as her favorite pastimes.

Pattie has a wonderful husband, two sons, and a daughter that she adopted from Kazakhstan when the little girl was seven years old. Today, even though her native language is Russian, her daughter is going to China to teach English for a year.

She likes pop and rock music. The music of Frank Sinatra is enjoyable, and the unique sounds of David Bowie and the Beatles also entertain her. Bowie and the Beatles are her favorites because she considers them both creative geniuses.

Pattie has a fun-loving personality that we love to see. She comes loyally for her bi-annual exams so that we can help keep her teeth healthy.

Thank you for your confidence and loyalty.

IS TURKEY GOOD FOR YOU?



Turkey is packed with Protein, but can get caught in between your teeth. Flossing will help.

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