



Dr. Foster Smiles

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Smilesbydrbob.com



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LUKE, I AM YOUR DENTIST



AND, YOU KNOW YOU SAID THIS IN YOUR
BEST SCARY VADER VOICE, DIDN'T YOU?

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

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“Did You Brush Your Teeth?”

As a child, I was taught that eating too much sugar would cause my teeth to rot and fall out. However, if I brushed my teeth and went to the dentist twice per year for cleanings, there was the hope of dental salvation.

92% of Adults Known to have Cavities

Tooth decay has become commonplace and even expected. According to the National Institute of Health, 92% of adults in the U.S. have had cavities in their adult teeth. But did you know that many of our healthy, thriving ancestors often had perfect teeth without braces and no decay?



When Were Cavities First Discovered ?

Earlier research shows that ancient hunter-gathers had cavities in only about 14% of their teeth, and some were cavity-free.

Then, roughly 10,000 years ago, humans learned to farm. Grain and other carbohydrates took over the plate, making the human mouth a haven for bacteria that destroy tooth enamel.

The First Junk Food

Our ancestors didn't have fizzy drinks as we have, but they discovered pine nuts and acorns, and that became their junk food of choice. This diet broke down to a sticky, gooey carbohydrate mess that was hard to remove from the tooth surfaces, so cavities started to develop. Carbohydrates are the culprit in making decay. Sugary fizzy drinks that coat your teeth make cavities. Your diet dictates to one extent or another if you will have cavities.

What's a Mother to do?

Most of us have a diet that could be improved. Eat less refined sugars, cut out the energy drinks and soda, and brush your teeth twice a day and floss daily. A good fluoride rinse is also a good idea. Floss, Brush, Rinse is an excellent mantra to remember.



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



"Life is a garden; dig it."

Katie Krisher

We have known this bubbly fun person for over 15 years--and so, just like she feels, she seems like a friend or family member. Her laugh and personality leave us happy all day long.

Katie works in sales at Georgia Pacific but loves being a stand-up comedian for fun. As far as football, it is DAWGS all the way. "We're coming for you, Bama," she says with a mischievous smile. Music is a favorite with the best tunes being from the '90s because Britney Spears and boy bands are "where it's at."

Even though she has gone on many wonderful trips, the most memorable trip was to Ireland with her husband and mother-in-law.

Running and dancing keep Katie sane. She has run in 10 marathons. Her ambition is to run in one in every state. With her energy, we believe she will make it!

Congratulations, Katie. You are dear to us.

Fruit Apple Teeth



4 Honeycrisp apples - cored and quartered

1 teaspoon lemon juice (optional)

1 (2.25 ounce) package blanched slivered almonds

Directions

With a small, sharp paring knife, cut a lengthwise wedge from the skin side of each apple quarter, leaving the peel around the wedge for lips. If desired, rub the cut portions of the apple quarters with lemon juice to prevent browning. Poke 5 or 6 slivered almonds into the top and bottom of the cut-out area to make snaggy teeth.

Courtesy of Allrecipes

<https://www.allrecipes.com/recipe/219206/halloween-fruit-apple-teeth-treats/>

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BENEFITS DIE!**

