



Dr. Foster Smiles

1230 Johnson Ferry Place
Suite C-10
Marietta, GA 30068
770-971-5119

Smilesbydrbob.com



September 2019



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

Natural Tooth Whitening



As the popularity of DIY increases, so does the ambition to find a method to whiten teeth using everyday ingredients lying around our house. Remember, "natural" doesn't always mean healthy. Truly, DIY whitening may brighten your teeth, but harm them in the long run.

Fruits

This method uses acidic fruits such as lemons, oranges, and cider vinegar, also acidic, mixed with an abrasive such as baking soda to brush on your teeth. You could get many surface stains brightened, but long term use will damage the enamel of your teeth. This combination will wear the enamel layer of the tooth, exposing the dentin, which is yellow. Sensitivity will also increase without the protective enamel covering.

Scrubbing

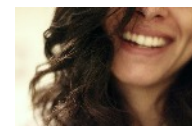


The idea of scouring your teeth with ingredients like a mixture of baking soda/peroxide or activated charcoal paste may not put that shine back into your pearly whites. There is no evidence that the use of any product with charcoal is safe or effective, according to the ADA. Both of these mixtures are too abrasive on your teeth. Only the enamel whitens, and the use of gritty substances can wear that layer away. Then the dentin, the soft yellow color will remain. Whitening only works on the enamel, not the dentin.

Oil Pulling and Tumeric

Save the oils and spices for tasty, healthy meals. Evidence has verified that swishing coconut in your mouth (oil pulling) or using spices like Tumeric may whiten teeth, but is detrimental to the enamel.

How to Safely and Naturally Whiten your Teeth



- > Brush twice a day for two minutes using an ADA approved whitening toothpaste
- > Floss between your teeth once a day
- > Limit staining foods like coffee, tea, and red wine
- > Quit smoking
- > See us at least twice a year
- > Ask us about pre-loaded whitening trays and in office whitening

WE RECOMMEND

Brush
2 X Day

Floss 1 X Day

See a Dentist
2 X Year

SMILING
45 TO 50 X
DAILY

Replace Toothbrush
3 to 4 X a year

Change Your Toothbrush After an Illness

smilesbydrbob.com



Red, White, and Blue Cheesecake Strawberries

Try a Fresh Healthy dessert this holiday.

Just cut fresh strawberries in half.

I look for really big ones because then you can really load the cheesecake filling on them.

There's no need to hull the strawberries when serving them halved like this which greatly cuts down on prep time.

A simple cheesecake filling is made from cream cheese, sugar, whipped topping, and a little almond extract adds awesome flavor.

Pipe the cheesecake filling on the strawberry halves using a large star tip and then press a few fresh blueberries into the filling of each one for an awesome red, white, and blue treat.

Once made just refrigerate until needed. They are a great make ahead party food.

Spicysouthernkitchen.com



"Do Unto Others As You Would Have Others Do Unto You."

Dr. Matt Kill

It is a little ironic that a retired dentist would be our Patient of the Month, but here we have it!

Dr. Bob has known Matt for quite a few years. Matt, a former East Cobb dentist, and he worked together in the early days of their careers. They bought their respective practices and covered for each other if one of them went out of town. Matt is a kind, conscientious person, and Dr. Bob is honored that he chose him to be his dentist.

Since Matt retired, he now has time to do all the things that his dental career prevented him from doing. He enjoys daily running, exercise, reading, and even going to movies, as well as playing bridge, and announcing at Polo matches.

Sports are still in the picture but now tends to be of the spectator variety. He enjoys Falcon Football, Braves Baseball, college football, and basketball, as well as Polo. Matt played Polo for 20 years. Now, he wants to invite everyone to a Sunday Polo match at Union Hill Polo in Alpharetta, where he just might be announcing.

Traveling extensively since retirement, Matt particularly enjoyed Alaska, Hawaii, and a European River Cruise to Amsterdam.

By trusting us as his dentist, Matt compliments our whole team. We appreciate this so much.

Congratulations, Dr. Kill!



We Love Our Patients!