



Dr. Foster Smiles

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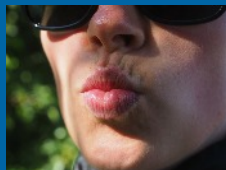
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Teen Lips go Viral

A new Lip Challenge has teens girls posting videos on YouTube and TikToc of themselves gluing their upper lips with different adhesives to achieve perfect pouts and puckers.

The girls show themselves putting nail, eyelash, and other types of glue on their upper lips. Once the lip gets "tacky dry," the girls stick it to their cupid's bows, just above the upper lip. Then, they post selfies of fuller lips that look like they just underwent botox injections. The posting proves just how social media influences our young people.



The lip gluing challenge, called everything from "cute" to "dangerous," has claimed no injuries. But, experts warn it's not safe. Even though eyelash and nail glues are safe for the skin, they are not meant for the delicate lip area and may irritate the lips. All other adhesives are not to be used on the body because they have toxic ingredients.

Please be sure to inform your young ladies that this "lip treatment" could have negative consequences.

Why is Continuing Education Important?



Every March, my clinical team and I attend the Atlanta based Thomas P. Hinman Dental Meeting. This Society, founded by Dr. Hinman in 1911, is dedicated to providing outstanding educational opportunities in the field of dentistry. These excellent seminars give information for the entire dental profession.

I feel that it is incredibly essential for my team and me to attend classes that expose us to the latest techniques in the dental field. This knowledge aids us in keeping our patient's oral health at its optimum best.

Continuing education helps us to master techniques that are essential in the healthcare industry. Examples include:

- Treatment protocols for medically compromised patients
- Caring for the aging population
- Handling medical as well as dental emergencies
- Knowledge of new dental techniques and materials
- Introduction of new dental equipment

Additionally, the entire team participates in CPR training as well as HIPAA and OSHA training as indicated.

Our patients are our highest priority.

We strive to be the best dental office we can be for you, our dental family.

As Always, Thank you for you Loyalty,



CPR training

Dr. Bob

Patient of the Month

Meet Harrison Blank

An avid baseball player, Harrison attends Rock Mount Elementary School.

Poor little Harrison has been sick for a while. And now that he is well, we wanted to be sure to honor him as our patient of the month for March.

When Harrison is not exploring and playing outside, he listens to Andy Grammar, watches the Georgia Bulldogs.

“The best thing about Dr Foster’s office is the nice “Teeth Cleaners”. “



A smile is the first trait that a lot of people notice when they meet a person. You can even be judged by your smile.

DO YOU LIKE YOUR SMILE?

Veneers can make a world of difference



Before



After

Call Today for a Free Smile Evaluation

Irish Soda Bread



4 cups all-purpose flour, plus extra for currants
4 tablespoons sugar
1 teaspoon baking soda
1 1/2 teaspoons kosher salt
4 tablespoons (1/2 stick) cold unsalted butter, cut into 1/2-inch dice
1 3/4 cups cold buttermilk, shaken
1 extra-large egg, lightly beaten
1 teaspoon grated orange zest
1 cup dried currants

Directions:

Preheat the oven to 375 degrees F. Line a sheet pan with parchment paper.

Combine the flour, sugar, baking soda, and salt in the bowl of an electric mixer fitted with the paddle attachment. Add the butter and mix on low speed until the butter is mixed into the flour.

With a fork, lightly beat the buttermilk, egg, and orange zest together in a measuring cup. With the mixer on low speed, slowly add the buttermilk mixture to the flour mixture. Combine the currants with 1 tablespoon of flour and mix into the dough. It will be very wet.

Dump the dough onto a well-floured board and knead it a few times into a round loaf. Place the loaf on the prepared sheet pan and lightly cut an X into the top of the bread with a serrated knife. Bake for 45 to 55 minutes, or until a cake tester comes out clean. When you tap the loaf, it will have a hollow sound.

Cool on a baking rack. Serve warm or at room temperature.

Recipe courtesy of Ina Garten