



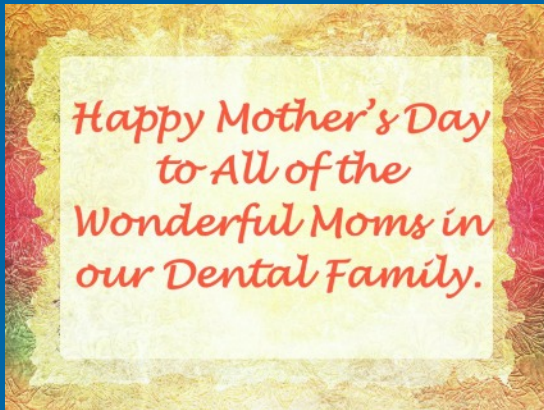
Dr. Foster Smiles

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

Smilesbydrbob.com



May 2020



The Heroic Response to COVID-19

Wow! It's been a ride! With ALL of us pulling together, we are on the way to winning the war against an invisible enemy. Even though at first COVID-19 appeared as another strain of flu, it turned out to be a formidable opponent. I appreciate all of your patience during this difficult time.

Once again, the American people have proven that they can and will defeat the enemy together when times get tough. So, we are honoring everybody in our dental family that helped during this health crisis.

We appreciate the CDC workers for their research in combatting the enemy. Their effort in seeking a cure and a vaccine to help in the future has been relentless. Without the help of Physicians, Nurses, Nurses Assistants, Physician Assistants, Pharmacists, Technicians, and Orderlies we would never be well.



Social distancing has been a challenge for all teachers and students, as well as parents. We



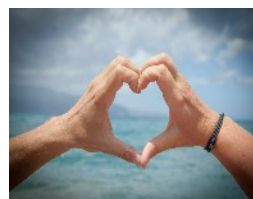
commend the teachers in their adventure in virtual lesson planning and execution through an online venue so that our youngsters could remain safe. We appreciate the dance teachers that offered virtual exercise when everyone needed it. Parents have stepped up to teach their children during this time and

have accomplished much. (Not sure how that new math faired; many children may have learned to "carry" the one.) The children have had disappointments and have felt lonely for their friends, but they have maintained their distances.

I would be remiss if I didn't mention the Grocery and Pharmacy workers. These people are in the thick of it, yet they still came to work so that we could have food and medications.



I appreciate my dental team from the bottom of my heart. They came up with a plan to handle dental emergencies quickly without exposing one patient to another. But, they must have had some thoughts of the contagion out there effecting them. Thank you for your loyalty and dedication to taking care of our dental family's emergency visits.



If I left anyone out, I apologize. I know we were definitely in this together.

In my mind, ALL of you are Heroes. The virus will not win with everyone united for its defeat.

Georgia "Get back to Work," included dentists. The order states that- Dentists should begin treating patients "as soon as is practicable under the [CDC] guidelines..."; the CDC guidelines still say emergencies only.

WE MISS OUR PATIENTS

So, while we wait for the "go-ahead," from the CDC, we will continue to only see patients with dental emergencies. Call us at 770-971-5119 for any concerns you may have.

Thank you for your patience and confidence. We will see you soon



Strawberry Limeade-Tini



Ingredients

- 1/2 cup lime juice
- 1/3 cup sugar
- 1/3 cup water
- 1/2 lb sliced strawberries
- 20-30 mint leaves
- 2 cups cold water

To make the simple syrup, combine the sugar and water in a saucepan, and cook over medium high heat for 5-10 minutes until the sugar is dissolved and the liquid is clear.

In a large mason jar or a pitcher, combine the lime juice, simple syrup, strawberries, mint, and water. Let sit in the refrigerator for 2-3 hours. Serve and enjoy!

Thank you- Joanne Ozug fifteenspatulas.com

Given a list of ten attributes, 58% of Men are attracted to a woman by their teeth. 71% of Women judge men by their teeth.

How do you stack up?

Smilesbydrbob.com

Smile More. Stress Less



Smiling can bring you health benefits even if you don't start out feeling happy. So, next time you're so frustrated you feel like gritting your teeth, try grinning instead.

University of Kansas researchers

conducted a study to test the saying "Grin and Bear it." The research, published in the *Journal of Psychological Science*, was to determine how a smile affects the rest of the body once it's in place.

The Experiment

Subjects performed a couple of different stressful tasks, including tracing the outline of a star using the non-dominant hand while looking in a mirror (phew!) and plunging a hand into a bowl of ice water for one minute.

These tasks were done one of the following ways: without smiling, with the teeth held in a moderate smile, and with a broad smile. A broad smile engages not just muscles around the mouth, but the eyes as well. These subjects practiced how to engage those muscles, though not asked explicitly to smile.

Everyone held a chopstick between their teeth to provide a means of standardizing the facial expressions. The chopstick provided a method of standardizing the facial expressions, to compare them, and to create a smile artificially.

The Results

Following the exercises, stress levels were taken two ways: They took heart rate measurements and asked the subjects how stressed they felt while doing the tasks.



All the subjects, regardless of the smile type, felt the same degree of stress while doing the tasks. What differed was how fast the various groups' heart rates returned to normal. The heart rates of the participants with no smile took the longest to recover. The subjects with a broad smile recovered the quickest.