



# Dr. Foster Smiles

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Does Wearing a Mask Protect you as well as Others?

We've been told that wearing a mask is a selfless act to protect others. But, now, it turns out that we are helping ourselves as well.

According to research done by Dr. Monica Gandhi, if

you wear a mask and are exposed to the virus, the viral load incident will be much less, making the disease milder, if not alleviated altogether.

Researchers have cautiously estimated that 40 percent of coronavirus infections produce no symptoms. But, when people don't wear a mask, the proportion of COVID cases goes up. Wearing a face covering doesn't mean you won't get the virus, or that people are impervious to infection. It suggests that masks lead to milder disease, potentially reducing hospitalizations and deaths.

Dr. Gandhi gave an example from the data gathered from two cruise ships. Typically, cruise ships pack a lot of people into close quarters. Someone exhibited a fever on one ship, so face masks were issued to all who came aboard. Another ship did not require masks. The vessel that issued the masks had a level of COVID cases of below 20%, while the boat without masking requirements had more than 80%. The data indicates that a mask could deter the development of the virus, even if someone had symptoms. The people on the ship with no masks, and even with no passenger with a fever, came down with symptoms.

However, just wearing a mask is no substitute for social distancing and frequent hand washing. But, covering our faces is easier than sustaining a perpetual lockdown.

Safeguarding yourself and others from this deadly disease, she added, "is as simple as covering up the two holes in your face that shed the virus." says Dr. Gandhi.

Excerpts from: Katherine J. Wu

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<https://www.nytimes.com/2020/07/27/>



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# Chewy Chocolate Chip Granola Bars

These chewy, crispy no-bake chocolate chip granola bars are easy to make — and they put all those store-bought bars to shame.



## Ingredients

6 tablespoons unsalted butter  
1/3 cup dark brown sugar

1/4 cup plus 2 tablespoons honey  
1-1/2 teaspoons vanilla extract  
Heaping 1/8 teaspoon salt  
2 cups quick-cooking/instant oats, such as Quaker Quick 1-Minute Oats (do not use regular old-fashioned oats)  
1-3/4 cups crispy rice cereal, such as Rice Krispies  
1/2 cup sliced almonds  
1/4 cup flax meal or wheat germ  
1/3 cup mini chocolate chips (or to taste)

## Instructions

Line a 9 x 13-inch baking pan with aluminum foil. Spray the foil lightly with nonstick cooking spray.

In a large pot, combine the butter, brown sugar and honey. Bring the mixture to a boil over medium-high heat, stirring constantly. Lower the heat and simmer until the sugar dissolves and the mixture is slightly thickened, about 2 minutes. Remove the pan from the heat and stir in the vanilla and salt.

Add the oats, rice cereal, almonds and flax meal (or wheat germ) to the pan and fold with a rubber spatula until well combined.

Transfer the mixture to the prepared pan and press down lightly with a rubber spatula to even out. Sprinkle the miniature chocolate chips over top, adding more or less to suit your taste, and press down firmly with the spatula so the chips stick. The mixture should be tightly compacted in the pan. Place the pan in the refrigerator for 1-1/2 - 2 hours to cool.

Use the foil overhang to transfer the uncut bars to a cutting board. Using a sharp knife, cut into rectangles. Store the bars in an airtight container in the refrigerator. If you have to stack them, be sure to use parchment paper or foil in between the layers, otherwise they'll stick together and fall apart.

Servings: 18 bars

By Jennifer Segal  
Once Upon a Chef.com

# Help Stop the Spread

## Wear a Face Mask PROPERLY to Protect You and Others

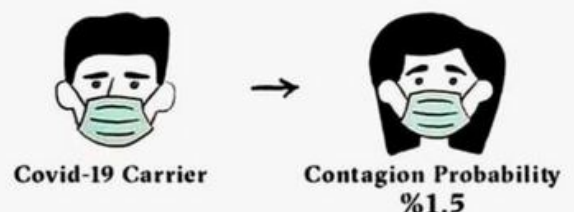
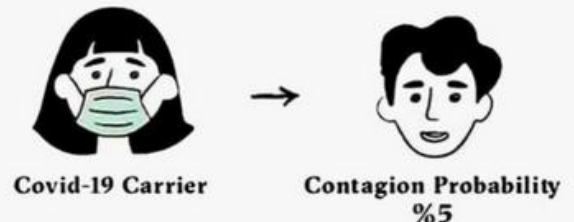
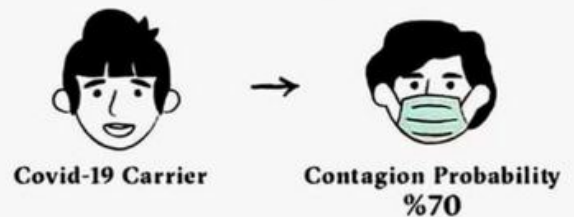


- Wear a face covering that covers your nose and mouth to help protect others in case you're infected with COVID-19 but don't have symptoms



- Wear a face covering in public settings when around people who don't live in your household, especially when it may be difficult for you to stay six feet apart

- Wear a face covering correctly for maximum protection
- Don't put the face covering around your neck or up on your forehead
- Don't touch the face covering, and, if you do, wash your hands or use hand sanitizer to disinfect



# WEAR IT

Thanks to the CDC