

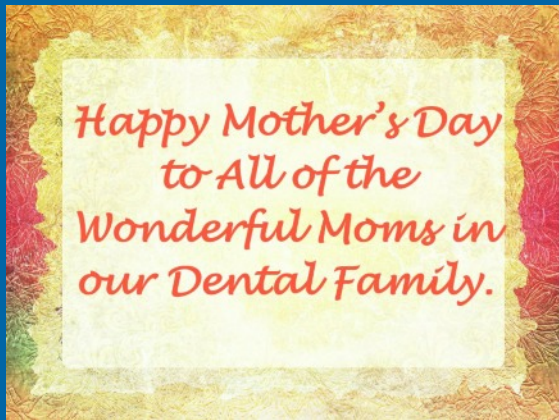
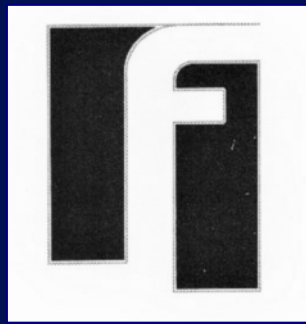
Dr. Foster Smiles

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Google
FIVE STAR CUSTOMER RATING

Our Promise to You
Your Family is Our Family.....

We are committed to providing our patients with high quality dental care set in an atmosphere of trust, respect and professional excellence..

We will strive to establish a long term relationship among our team members and patients.

Our goal is to provide the knowledge necessary for our patients to make informed decisions about their dental health.

Don't Play Russian Roulette with your Teeth.

You just love that fresh, clean feeling you get when you get your teeth cleaned. Since the pandemic, you have lived in fear of the fate of your teeth. Now, you have been vaccinated; your teeth are clean and bright and, the moment of truth comes.

In walks the dentist with his tiny sharp, picky instruments. And, then...comes the news: "Jane, you have some substantial silver fillings that appear to have been placed years ago; one has a cavity around the edge, and the other has a graying area on the tooth enamel. In my professional opinion, they may be leaking and need to be replaced."



"BUT," you say, nothing is hurting. I don't have insurance. It will be a lot of money. Why should I replace a filling that is not causing me pain?"

Five most dangerous words

Let's talk about this a little bit...Waiting is a gamble. And, guess what? It won't go away. The fillings may just need to be replaced with comparatively minimal expense.



Silver fillings have some drawbacks. They are not aesthetically pleasing and, over time, may cause teeth to turn gray. They also expand as they age, which can cause teeth to crack or break.



Dentistry is not as Expensive as Neglect

If a patient chooses to delay the treatment, as Jane did. they may be looking at a root canal, foundation, and a crown (cap). This will make the needed dentistry substantially more expensive than the original diagnosis of a replacement bonded filling.

Strawberry Yogurt Shortcake



Neutral cooking oil or spray
1 1/2 cups unbleached all-purpose flour, plus more for pan
2 teaspoon baking powder
1/2 teaspoon sea salt
1 cup granulated sugar
1/2 cup plain whole-milk yogurt
1/2 cup neutral oil

1/4 cup whole milk
2 large eggs
1 teaspoon pure vanilla extract
Strawberries
1 1/2 pounds fresh strawberries, hulled and sliced (about 6 cups)
1/4 cup granulated sugar
Whipped Cream
1 cup heavy cream
3 tablespoons powdered sugar
Instructions

Preheat oven to 350 degrees F. Lightly spray the interior sides of an 8-inch round pan with cooking spray. Use a paper towel to wipe smooth. Add a spoonful of flour and shake around the edges to lightly coat. Discard extra flour. Line the bottom of the pan with parchment paper cut to size. Set aside.

In a medium bowl, whisk together 1 1/2 cups flour, baking powder, and sea salt. Set aside.

In a large bowl, whisk together the sugar, yogurt, oil, milk, eggs, and vanilla until smooth. Set aside. Gently fold the dry ingredients into the wet ingredients just until combined. Pour the batter into the prepared pan,

Bake 40 to 45 minutes or until the center of the cake until tester comes out clean.

Remove the cake from the pan and cool at least 30 minutes before serving. The cake can be made a day in advance.

Prepare the strawberries, if desired, about 30 minutes before serving. In a small bowl, stir together the strawberries and sugar. Set aside.

Meanwhile, make the whipped cream. In a stand mixer fitter with a whisk attachment, beat the cream and powdered sugar on high until medium-stiff peaks form. Slice the cake and top with the whipped cream and, if desired, strawberries.

From Melissa Coleman's new book *The Minimalist Kitchen*

Options for Paying for Your Treatment



And, now, for some good news. We have a couple of options to help you pay for your needed treatment. We have partnered with CareCredit. This is a credit card that pays for health fees. With shorter term financing options of 6, 12, 18 months, no interest is charged on purchases of \$200 or more when you make the minimum monthly payments and pay the total amount due by the promotional period's end. If you do not, interest is charged from the original purchase date.

Additionally, we have Dr. Bob's Smile Plan, our in-office Dental Health Care Plan designed for patients with no dental insurance. You can find that information on our website at SmilesbyDrBob.com.

**No Insurance ?
No Problem!**

**Dr. Bob's
Dental Smile
Plan**

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



Obviously, the cheapest filling is one you never get. If you develop one, the treatment will never be less than right after it is discovered. While putting off treatment is not as drastic as a bullet through your head, it just may put a big hole in your wallet.

Call us if we have diagnosed treatment that you have put off.

Don't end up like Jane.

