



# Dr. Foster Smiles

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



Smilesbydrbob.com



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## WELCOME 2022!

*All of us at Dr. Bob's office appreciate your loyalty, confidence, and friendship.*

*Thank you for sharing our name with your friends and family. We have grown so much from your referrals.*

*Wishing you and your family a healthy, prosperous, and blessed New Year.*

*Dr. Bob and Team*

## A 2022 Resolution: Return to the Dentist

Many of our patients have returned to our office, continued their dental professional cleanings and examinations, and completed diagnosed treatment. If you have put off seeing a dentist during the pandemic, the time to visit is now.

Our office is safe and adheres to the standards set forth by the CDC. In addition, we have social distancing in place and prescreen all of our patients.



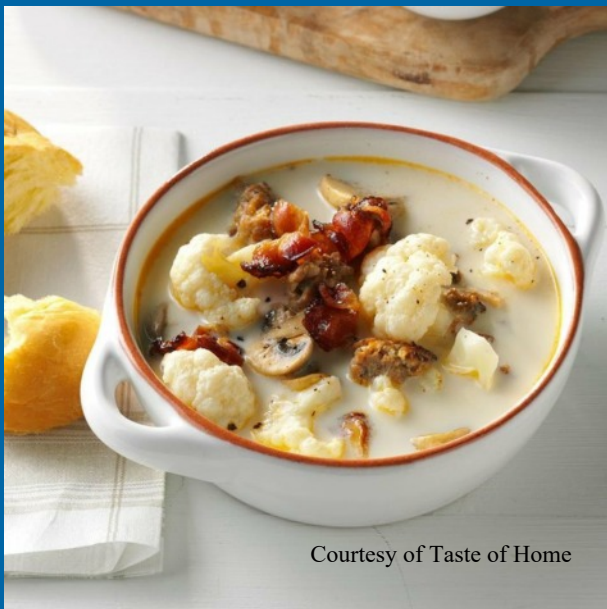
Procrastination is never a good idea, so here are reasons you should make your appointment sooner, not later:



· 75% of people living in the U.S. have periodontal disease, which has been linked to heart disease, diabetes, tooth loss, and bad breath. Regular dental visits can prevent gum disease.

- Professional cleanings will give you a nicer, brighter smile. And you want a nice smile for your friends and neighbors, don't you?
- Small dental problems are less expensive to restore. For example, if a small untreated cavity is left untreated and turns into more severe tooth decay, it can cost as much as 10 times or more to treat.
- In the U.S. alone, 1 person dies every hour from oral cancer. A dentist can provide an oral cancer screening with your examination.
- Untreated dental issues can become painful very quickly. Visiting a dentist can prevent emergencies on nights, weekends, or holidays.

We welcome you back to our office. We do not judge; we are happy to see you return. So, make 2022 the year that you come to the dentist, or maybe even the year to acquire that new smile you have always wanted.



Courtesy of Taste of Home

## Tuscan Cauliflower Soup

Instead of using lots of potatoes as is usually in original Tuscan soup, use cauliflower for a healthy option.

4 cups fresh cauliflowerets (about 14 ounces)  
2 cans (14-1/2 ounces each) reduced-sodium chicken broth  
2 cups water  
2 garlic cloves, minced  
1 pound bulk Italian sausage  
1 cup sliced fresh mushrooms  
1 cup heavy whipping cream  
1/4 teaspoon pepper  
1/2 pound bacon strips, cooked and crumbled

### Directions:

In a large saucepan, combine cauliflower, broth, water and garlic; bring to a boil. Simmer, uncovered, until cauliflower is tender, 12-15 minutes.

Meanwhile, in a large skillet, cook sausage and mushrooms over medium heat until sausage is no longer pink, breaking up sausage into crumbles, 6-8 minutes. Remove with a slotted spoon; drain on paper towels.

Add sausage and mushrooms to cauliflower mixture; return to a boil. Reduce heat; simmer, uncovered, 5 minutes. Stir in cream and pepper; heat through. Serve with bacon.

Courtesy of Taste of Home



## Eliminate Worrysome Stress in 2022

Saying “yes” can be one of the most beautiful, generous things you can ever do. But it can also be one of the most harmful. On the other hand, saying “no” may often be the right thing to do.

People-pleasers may be saying “yes” too frequently. But, on the other hand, those afraid of trying new things may have “no” as your default for just about anything!

Here are a few guidelines that may help you decide one way or the other:

If you want to do something but the only thing stopping you is that you are worried about what others may think, say YES!

Say NO if you are asked to take on a task but can't do a good job.

If you are about to do something helpful but will not get any credit, say a big YES!

If you are going to enter a deal that benefits you but not the other party, say NO.

If you are asked to compromise for someone you love and/or respect and can live with the results, say YES!

If you have the opportunity to help a fellow human being, no matter how small the gesture, say YES!

If you are asked to cram something into your already busy schedule that you don't want to do or don't have time for but just don't know how to refuse – politely say NO.

If you have the chance to share knowledge or teach others a skill, say YES!

If something is going to distract you from that which truly matters, say NO.

If you've never done it before and are a bit nervous about stepping out of your comfort zone, say YES!

If it will create a habit that costs you in the long run, say NO.

Taken From : *The Madow Brothers*

Stress takes a toll on our body AND our teeth. Small yes/no decisions can make a BIG difference. Think carefully before answering the next time you are asked to do something. It could make a difference in your mental state. Say NO to Stress.

