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Are You a Victim of Health Misinformation or Disinformation?

Social media is more popular than ever before. In fact, 8 out of 10 adults are online at least once a day. So naturally, therefore, many savvy marketing gurus put conflicting notions in front of us without us even asking for it. As a result, the data is confusing and hard to sort out. One doesn't know who or what to believe.

According to the best available scientific evidence to date, health misinformation is incorrect or misleading data. Misinformation is shared by people who do not intend to mislead others. However, disinformation is false information that is intentionally shared to deceive others.

Sharing information without a good resource happens all the time. Social Media users skim and share both misinformation and disinformation all the time. The eye-catching slogans or pictures sound reasonable, so the user shares the misinformation without checking sources for reliability.

Problems With Misinformation

- False Data may lead to the rejection of science-based fluoride treatments.
- Spreading dental myths such as "soft teeth" or "sugar causes cavities."



- Mistrust of dental professionals
- Using untested whitening techniques, DIY tooth painting.

Are you a Statistic?

Nearly half (48%) of Americans with dental insurance have skipped dental visits or recommended procedures.



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No Insurance? No Problem!

Brought back by popular demand, this non-insurance benefit plan is perfect for those who have terrible insurance or none at all.



The plan covers diagnostic and preventive at 100% and all other procedures are discounted by 20%.

There is no deductible, no missing tooth clauses, no predeterminations required, and no yearly maximums.

Contact us for more information. 770-971-5119

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Chicken and Veggie Stir-Fry



Ingredients

for 6 servings

1 lb chicken breast,
cubed

salt, to taste

pepper, to taste

1 lb broccoli florets

8 oz mushroom, sliced

3 tablespoons oil, for frying

Sauce

3 cloves garlic, minced

1 tablespoon ginger, minced

2 teaspoons sesame oil

1/3 cup reduced sodium soy sauce

1 tablespoon brown sugar

1 cup chicken broth

1/4 cup flour

Preparation

In a large pan on medium-high heat, add 1 tablespoon of oil. Once the oil is hot, add chicken, season with salt and pepper, and sauté until cooked through and browned. Remove cooked chicken from pan and set aside.

In the same pan, heat 1 tablespoon of oil and add mushrooms. When the mushrooms start to soften, add broccoli florets and stir-fry until the broccoli is tender. Remove cooked mushrooms and broccoli from the pan and set aside.

Add 1 tablespoon of oil to the pan and sauté garlic and ginger until fragrant. Add the remaining sauce ingredients and stir until smooth.

Return the chicken and vegetables to the saucy pan, stir until heated through.

Serve with hot rice or noodles.

Thanks to:
Robin Broadfoot

Cosmetic Services

We restore the appearance of one's teeth for a beautiful and complete new smile.



Why not have your Dream Smile today?

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Checking Social Media Information

The next time you come across any medical/dental information. Ask yourself:

Is the content from a trustworthy source?

Websites run by the "gov." or "edu" or "org" are sources that you can usually trust.

Does the author have a motive? Is it for educational purposes or monetary gain?

Is the research science-based?

Can the content be found on multiple other trustworthy sources?

Is the information of a timely nature? What is the date of the article or post?

Your dental team is the most trusted source you have. We want you to have the latest in reliable dental and medical news. Ask us if you have any questions.