



Dr. Foster Smiles

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Smilesbydrbob.com



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Happy Thanksgiving!

*We are Thankful for Our
Dear Dental Family.*

We are blessed with all the wonderful patients we have in our practice. Thank you for your loyalty and continued support. We know you have a choice in your dental care. Thank you for choosing us.



Warmly,

Dr. Bob & team

TIKTOK and Your Smile

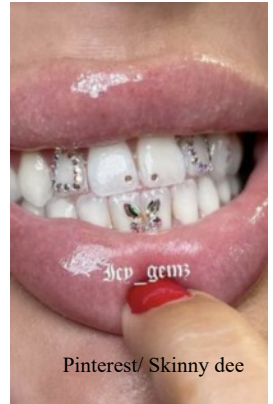
Lately, I have seen many examples of how social media dictates style for young people. For instance, while speaking to my hairdresser, he said that he couldn't get the young stylists to attend hair conventions anymore to find the latest products or trends in hairstyles. Instead, they would investigate the looks shown on TikTok and YouTube videos.

However, Social Media doesn't stop with just influencing hairstyle fashion. The latest suggestions aim at our pearly whites. Let's investigate one of these trends.

Tooth Gems and Tooth Jewelry

Enhancement of teeth using gems isn't new. The Mayas were possibly the first civilization that used rocks to adorn teeth. Usually, embedded disks of jadeite or pyrite were used to show wealth and status in the community.

Today, there is no embedding involved. Instead, the object is glued to the surface of the tooth. While it may sound simple enough, the adhesive used is an important consideration to prevent toxins from entering the body through the mouth.



Additionally, the gems need a long-lasting bonding technique, or they will provide the perfect place for the bacteria that cause plaque buildup and decay to grow. In addition, improperly applied or removed adhesives can cause structural damage to your smile. Under no circumstances should SuperGlue or any glue that contains lead be used. Even the kits actively sold online may contain toxic chemicals.

The bottom line is tooth gems are terrible for the enamel of your teeth. The tooth is etched with a mild acid before applying adhesive to stick the gem to the tooth. The glue from the application of the jewel could erode the enamel of your teeth and ultimately increase your risk for tooth decay or infection. Also, food particles and bacteria can get stuck in the jewelry.

WE DO NOT ENDORSE this procedure whether it is DIY or by any "so called expert" .

We are accepting new patients



Please refer your friends and family. It is through your kind and generous recommendations that our practice continues to grow. Thank you.



Before



After

After whitening, we replaced an old Maryland Bridge with an implant and corrected the smile line with a veneer on the patient's left side.

<http://smilesbydrbob.com>

We Love Making Smiles!

Call for your free smile consultation today. See what we can do for your smile.

*We can no longer offer
Dr. Bob's Smile Plan.*

However, we will honor the agreement of the plans that have previously been purchased.

Chocolate Chip Cranberry Bread



Taste of Home Photo

2 cups all-purpose flour
3/4 cup sugar
2 teaspoons baking powder
1/2 teaspoon salt
1 large egg, room temperature
3/4 cup 2% milk
6 tablespoons butter, melted

1 cup fresh or frozen cranberries, halved
1 cup miniature semisweet chocolate chips

STREUSEL:

1/3 cup packed brown sugar
2 tablespoons all-purpose flour
1/8 teaspoon ground cinnamon
2 tablespoons cold butter
3/4 cup confectioners' sugar
2 to 3 tablespoons whole milk

Preheat oven to 325°. Line bottom of a greased 9x5-in. loaf pan with parchment; grease parchment.

In a large bowl, combine the flour, sugar, baking powder and salt. Whisk the egg, milk and butter; stir into dry ingredients just until moistened. Fold in cranberries and chocolate chips. Transfer to prepared pan.

In a small bowl, combine the brown sugar, flour and cinnamon; cut in butter until crumbly. Sprinkle over batter. Bake until a toothpick inserted in the center comes out clean, 60-65 minutes.

Cool for 10 minutes; loosen sides of bread from pan. Cool completely before removing from pan. For the glaze, mix confectioners' sugar and 2 tablespoons milk until smooth; if needed, add additional 1 tablespoon milk to reach desired consistency. Drizzle glaze over top of bread; allow to sit 10-15 minutes before slicing.

Recipe Courtesy of Taste of Home
<https://www.tasteofhome.com>