

fromthedentist



2010 has been a very busy year! After shoveling more snow than I can remember, we emerged into a beautiful spring which was great for traveling. During Becky's spring break, we went to California to be with the children and grandchildren. Becky and I are pictured with our grandsons, Jonah and Julian, on the beach in Santa Cruz. While there we watched my friend, Coach K, win his fourth national championship as coach of the Duke basketball team. I met Mike 45 years ago when we were in the same Beast Barracks squad at West Point. He is a wonderful individual and deserves all the credit and acclaim he is receiving.

As my practice of dentistry has matured, I have become very involved in two areas: implant dentistry and cosmetic dentistry. To continue to further my education in these areas

I am a member of the *International College of Oral Implantologists (ICOI)* and the *American Academy of Cosmetic Dentistry (AACD)*. Both of these organizations held their annual meetings in the spring, ICOI in New Orleans and AACD in Dallas. I always come back with new ideas and energized to provide the best care possible.

We are always looking for better ways to serve you. Please complete and return the enclosed patient survey to our office. If you include your name, we will enter you for a drawing for a \$100 CREDIT to your account.

The winner of last issue's word scramble was Beth Conover. Check out the puzzle on the back page and good luck.

Best wishes for good dental health,

Dr. John Harre

Top Dentist *Award*

For years the *Washingtonian* and *Northern Virginia* magazines have an annual section on top doctors and dentists. Warrenton was never included in the areas they surveyed. This year *Virginia Living* magazine conducted a survey which included our area. The general dentists were asked to select the best dental specialists in each area and the dental specialists were to select the top general dentists. Our office has been selected as a *Top Dentist* in the Cosmetic Dentist category. We feel especially honored to be selected by our professional colleagues in the area. The full list will be in the August issue of *Virginia Living* magazine.

Referral Bonus!

\$50 Credit*

For each friend or family member you send our way, who becomes a patient, between July 1st and Sept. 30th, 2010.

*Thank you
for your support!*

*The credit is applied to your account and cannot be refunded.

Thank you for all your referrals. We appreciate them!

Look Great

And save the environment too

Choose eco workout wear. Many fabrics made with organic and recycled fibers such as cotton and soy blends, and athletic footwear made from recycled rubber and vegan materials, are becoming increasingly available.

Shop locally even if you can't find the very latest eco trends nearby. You can choose partially recycled materials, minimal packaging, and you'll be saving the expense and environmental cost of travel or shipping.

Conserve post-workout water and energy with low-flow shower heads that don't release hot water until you actually step in the shower and turn the shower head's valve.

Shave with only 5-7 drops of a natural shaving oil. A tiny bottle can provide about 100 shaves, is ideal for your travel bag, and a number of brands are available online or through large retail chains.

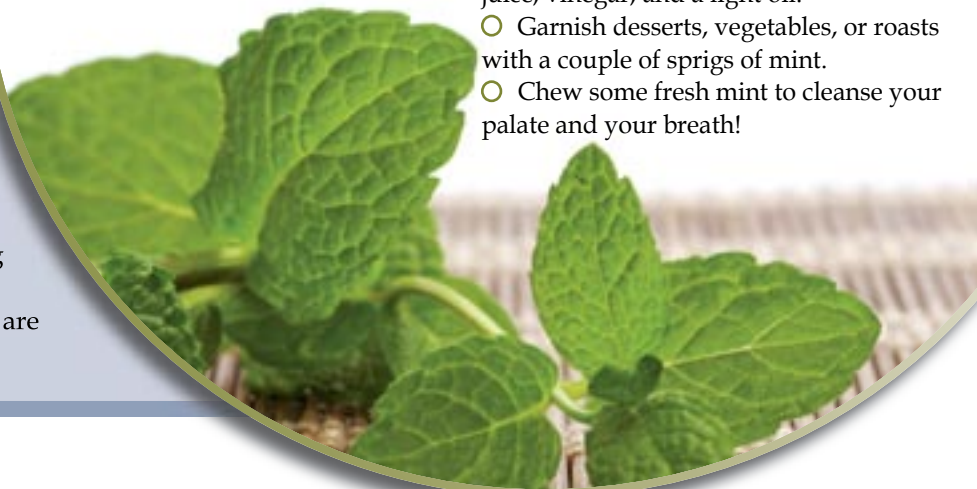
Marvelous Mint

More than a breath freshener

You probably associate mint with toothpaste or breath freshener, but it has been used as an herbal remedy and a spa soother in face packs, foot rubs, and bath soaks. Both peppermint and spearmint are very popular, especially for cooking, and if you're not a gardener, you can easily find commercially dried leaves.

7 Mint Hints For Your kitchen

- Steam vegetables with mint in the water.
- Mix chopped mint with butter for boiled new potatoes.
- Toss whole mint leaves in cooked rice before serving.
- Freeze whole mint leaves in ice cubes for tea or lemonade.
- Make salad dressing with mint, lemon juice, vinegar, and a light oil.
- Garnish desserts, vegetables, or roasts with a couple of sprigs of mint.
- Chew some fresh mint to cleanse your palate and your breath!



before



after



▲ Crowns ▼

before



after



Crown FAQs

Your best decision is an informed decision

What Is A Crown?

A crown is an artificial cover that is used to restore, protect, and strengthen your tooth and keep it healthy.

When Would I Need One?

- If you have a tooth that has been worn down by teeth grinding, an improper bite, or decay, a crown restoration could save it.
- Crowns will give cracked or broken teeth much-needed support.
- A tooth that has loosened due to gum disease can be stabilized by crowning it and connecting it to the neighboring teeth.
- Gaps in your smile can be replaced by incorporating a single crown onto the root of a dental implant placed into your jawbone.

What Are My Options?

Ceramic crowns are the most natural-looking and can be as translucent as your own enamel. They are the perfect choice for those with metal allergies, but people usually choose them because of how they look.

Ceramic-fused-to-metal crowns combine this natural look with the strength of metal underneath, but they are not as translucent as ceramic alone.

Feel free to call now. You don't have to wait for your next appointment to discuss treatment.

Defy The Trend

Subtle measures - radical results

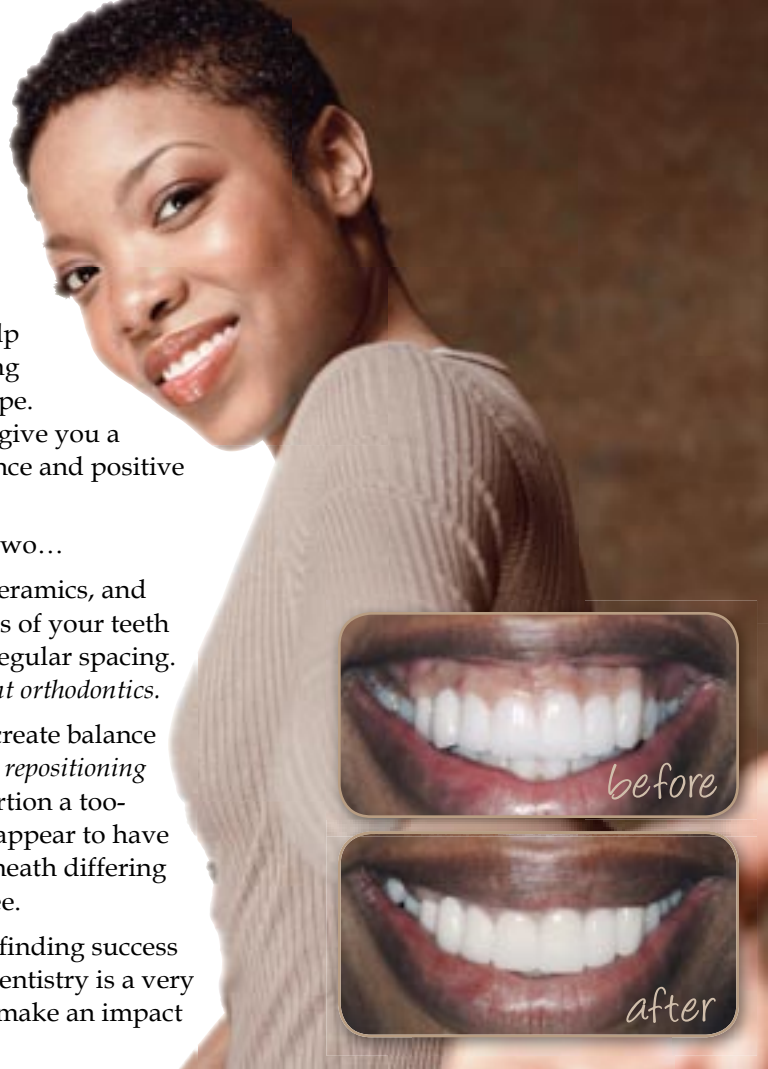
Have you seen some of the guerrilla tactics and extreme stunts people are deploying to reboot their careers? Believe us - singing telegrams or renting a hot air balloon are not your only answers! We can help you create a unique, engaging, and thought-provoking impression that will generate buzz without all the hype. For example, a subtle smile makeover can do a lot to give you a more youthful pick-me-up, and give you the confidence and positive attention you deserve.

Many cosmetic techniques involve only a visit or two...

Veneers crafted from translucent porcelains, ceramics, and other bonding materials can be applied to the surfaces of your teeth to disguise deep stains or other flaws like chips or irregular spacing. In fact, the veneering technique has been called *instant orthodontics*.

Esthetic gum re-proportioning can create balance and symmetry for your smile with techniques like *lip repositioning* and *gum recontouring*, as seen here. You can re-proportion a too-gummy smile, teeth that look too short, or teeth that appear to have different lengths because their crowns are hidden beneath differing amounts of gum tissue ... or a combination of all three.

We understand that sometimes, in today's world, finding success means getting yourself noticed. Stunt-free cosmetic dentistry is a very reliable and worthwhile investment that will let you make an impact - on your terms.



it's laughable

For millennia, Tibetan monks have laughed out loud on awakening - no joke! Seriously, though, even faking a laugh cues your body and your mind to stay calmer and more focused.

How? By shutting off stress hormones and triggering the release of feel-good endorphins. What else? We can show you how to laugh out loud enthusiastically, vigorously, and confidently day or night - with or without an audience.

Natural-looking fillings and whitening can certainly help, but it's also about getting back to basics. Brush and floss, avoid sugary snacks, and maintain regular dental visits.

We promise - once you get the hang of it, the rewards are nothing to scoff at...

- Clean attractive decay-free teeth
- Clean pink tongue
- Clean healthy gums
- Clean fresh breath.

& so
easy



No-interest Financing



Your smile is important to us and we want to provide a practical, affordable way for you to get the care you deserve. It is important that the plan be a convenient, low monthly payment program for the entire family specifically designed to pay for healthcare and elective dental treatment not covered by insurance.

We accept *CareCredit*[®] which is a credit card for medical expenses. There have been regulatory changes required by the Credit Card Accountability, Responsibility and Disclosure (CCARD) Act of 2009

which have changed some of the provisions of the CareCredit program. While this is still a very good option to finance your treatment, we wanted to be able to offer another option.

We are pleased to announce our recent partnering with *ChaseHealthAdvance*SM, one of America's leading dental finance companies. Chase offers a line of credit for healthcare with a simple and confidential application process. You may apply at our office or online at chasehealthadvance.com. Your account can also be used for Orthodontics, Vision Correction,

Cosmetic Surgery, Hair Restoration, Chiropractic and Veterinary specialties.

Our office has arranged for no-interest payment plans if the balance is paid in full within the desired timeframe. You may choose from three month, six month and twelve months plans with the no-interest option. Extended payments plans are available for up to 48 months. There is no down payment required, no pre-payment penalties and no annual fee.

Please call our office if you have questions about either of these plans.

office information

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Office Staff
Colleen, Shannon..... Hygienists
Nancy..... Receptionist
Linda, Cynthia, Tonya..... Assistants

Communication is important to us – don't be afraid to ask questions!

Checks



Word Scramble

Win a prize!

Try our word scramble of words found below. Simply fax, email, or mail your answers along with your name and phone number. Once we receive your completed puzzle, you will be entered into a drawing. The grand prize will be a

\$25 gift certificate to Claire's at the Depot!

We will pull the winner's name in a drawing on August 2nd, 2010. Enter today!

Good luck!

1. rmhpeensvcioe
2. ninilgrviivga (2 words)
3. atmixeo
4. nsspffeiu
5. akegolnedweb

Services We Offer

- Comprehensive Family Dentistry
- Cosmetic Dentistry
 - Tooth Whitening
 - Porcelain Crowns and Veneers
 - Tooth-colored Fillings
- Implant Dentistry
 - Surgical Placement of Implants
 - Restoration with Crowns, Bridges or Dentures
- Oral Sedation Dentistry
- Modern, State-Of-The-Art Facility
- Knowledgeable, Friendly Staff
- Payment Plans Available
- Delta Dental Premier Provider
- New Patients Welcome