

## fromthedentist

As the year comes to a close, I would like to take this opportunity to thank all of you for your loyalty over the past year.

Many of you responded to the survey in our last newsletter. I speak for everyone in our practice in telling you how much we appreciate the many positive comments. Your affirmation makes us strive even more to provide you with the best possible dental experience. John Milliken won the drawing of all patients who completed the survey.

The winner of our last word scramble was Deborah Moss. Good luck on the puzzle on the back page.

Our second annual Cash for Candy collected over 300 pounds of Halloween candy for our troops overseas. A big thank you to Stephanie Kennedy at Chick-Fil-A for donating coupons and to Kathryn Gendreau at ShipOnSite for giving us a very good rate on shipping the candy to Operation Gratitude. Please use these businesses and thank them for their support.

*Happy holidays,*

*Dr. John Harre*

## turnthepage

Tips to tread lighter!

Sugar isn't so sweet after all...

Is your child sleeping with ease?



There is no time  
more fitting to say

**Thank You**

and to wish you a

**Happy Holiday Season**

and a new year of

**Health, Happiness, & Prosperity**

- From all of us at **Dr. Harre's Office**

*Thank you for all your referrals. We appreciate them!*



## Out Of The Woods

### The value of paper

Did you know that the North American wood and paper industry plants millions of trees daily and today's forests are about the same size as they were 100 years ago? Not only that, but the carbon impact of paper mail for a typical household per year is only about equal to using a kitchen coffee maker for a year.

### You can help make that footprint even smaller...

- Update your address when you move to reduce waste due to undelivered mail.
- Re-purpose retail and shipping boxes to send gifts.
- Send paper materials that can't be re-purposed to the recycling bin to reduce the demand on forests.
- Share this recyclable *Forest Stewardship Council*-certified newsletter and other publications with family and friends.

## Sweet Enough For Nature

Healthy enough for you and your smile

For years consumer groups have actively lobbied for more foods that are lower in fat, salt, and sugar. So you'd expect to find more healthy choices in the grocery aisles. On the contrary - our sugar intake alone has doubled in the past thirty years. A sweet temptation - if only there were no obesity, insulin-release, or tooth decay!

The decay which causes *caries* (cavities) is progressive. Oral bacteria, which feed on sugars left in our mouths after eating, produce the acids which demineralize tooth enamel and destroy your teeth - often painfully. The progress of this all-too-common disease can be hastened by the amount of acid-causing sugar and starches in your diet.

Choosing processed foods and understanding labels designed to confuse can become a minefield, but if you want to avoid tooth decay, there is something you can control.

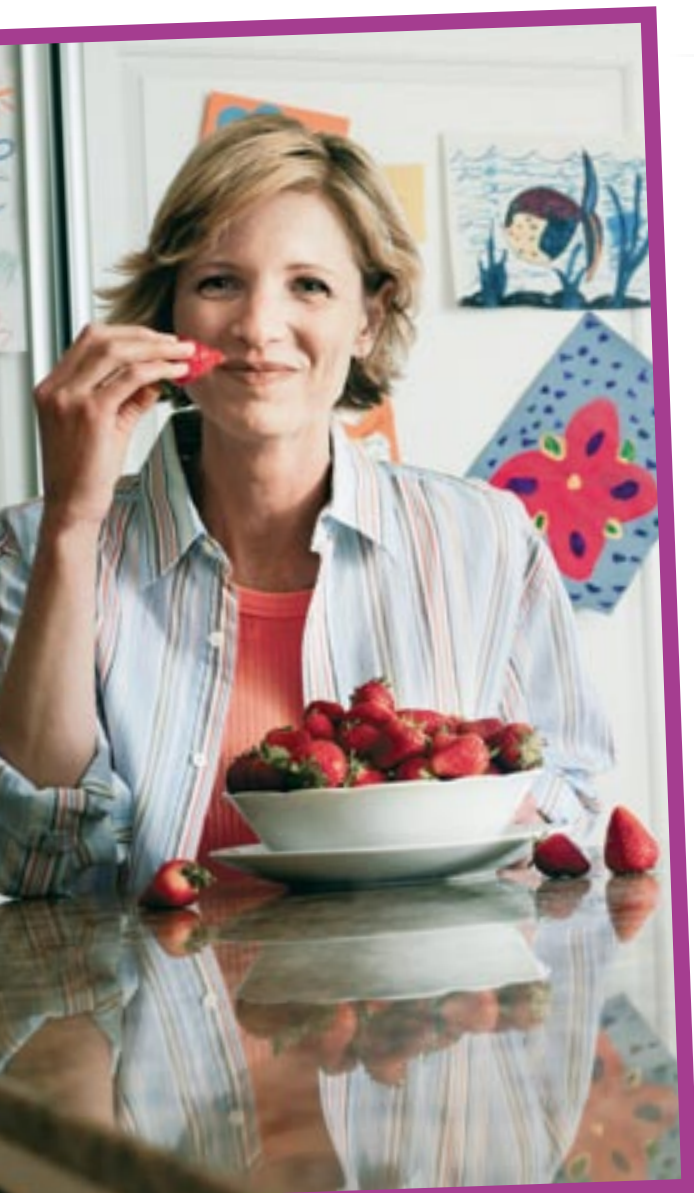
### Eat five servings a day of fruits and vegetables.

Many fruits that are low in naturally occurring sugar are some of the highest in nutritional value, including antioxidants and other phytonutrients. These include **strawberries, papaya, watermelon, peaches, nectarines, blueberries, cantaloupes, honeydew melons, apples, guavas, and apricots.**

### What vegetables are low in sugar?

Too many to list here - almost everything, really. You may also enjoy these good-for-you but naturally sugary **beets, carrots, corn, parsnips, peas, plantains, potatoes, and winter squashes.** But you might want to take an extra minute to brush and rinse.

Enjoy your 5-a-day the natural way!



# An **Inflammatory** Topic

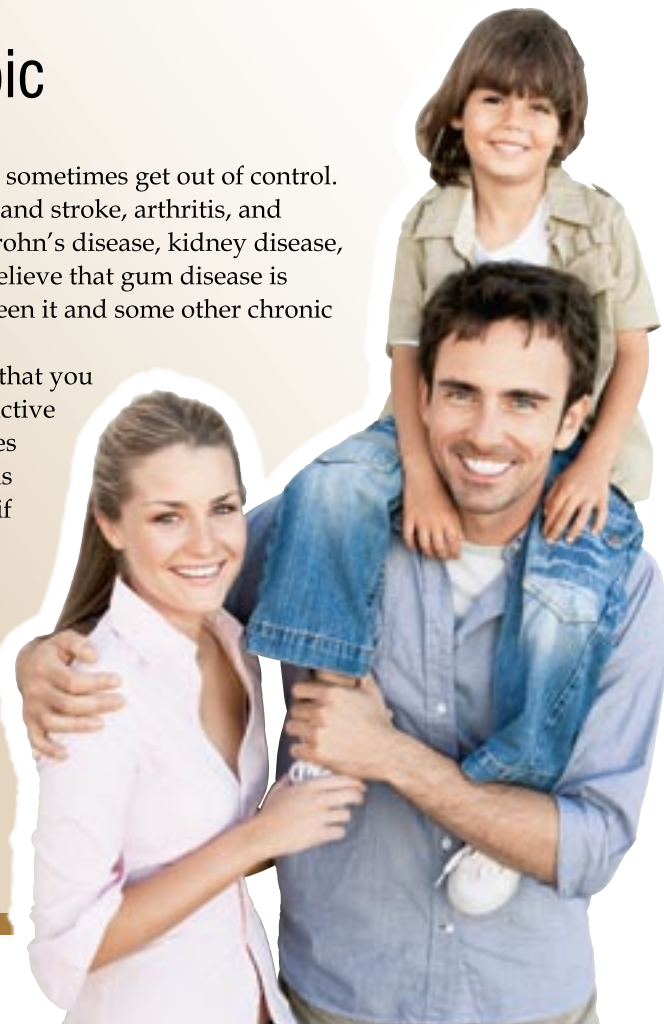
## Your oral health could be the key

Inflammation, so essential in your body's fight against infection, can sometimes get out of control. When it does, it contributes to many chronic diseases like heart disease and stroke, arthritis, and diabetes ... and some which may surprise you. How about psoriasis, Crohn's disease, kidney disease, and cancers among others? One thing we do know is that researchers believe that gum disease is essentially inflammatory in nature and that there is a relationship between it and some other chronic inflammatory diseases.

Gum disease is caused when plaque, the soft invisible bacterial film that you can feel on your teeth, hardens into tartar, a hard yellowish and unattractive deposit. Also known as calculus, it causes gum inflammation and creates pockets in your gums where toxic bacteria can thrive. Once this happens it can only be removed by a professional dental cleaning. The outcome if it isn't removed? Infection and inflammation that scientists believe can negatively affect other parts of your body.

Molecular and systems biology, computational simulations, human and animal studies, and nano-technologies are all being applied by scientists who are designing novel ways to treat inflammation. But you can do your part too.

We recommend a low-tech solution - brush at least twice a day and floss daily to remove plaque from between your teeth, especially below the gumline. We are happy to contribute to your plaque- and tartar-fighting program during your regular checkups!



## While They Sleep

### 3 kid facts

1. The rate of **bruxism** (the grinding or clenching of teeth) during sleep seems to be highest in children. About 15% of children brux and about one third continue to do so as adults.
2. About 10% of kids **snore** and although some think it's cute, it could be connected to more serious problems like sleep apnea.
3. 10% of children who snore have **obstructive sleep apnea** which can cause a pause in breathing, reducing oxygen intake.

Of course, just as the majority of children outgrow bruxing, most who snore are completely normal and don't show any signs of ill health. A child may normally and occasionally snore, for example, due to a bad sleeping position.

It's *your* experience that counts. If you're concerned, set your mind at ease - talk to us and your medical professional.

## Invisible Strategies

### Visible results

Can an invisible procedure improve your looks with results that everyone will notice? Absolutely....

**White fillings** can be matched precisely to your tooth enamel making your smile brighter and more naturally healthy looking. They won't discolor surrounding tooth enamel or neighboring teeth as silver-colored amalgam sometimes does.

**Enamel-colored sealants** offer an unsung cosmetic advantage. By preventing the invasion of cavity-causing bacteria, they work invisibly to keep your smile immaculate. They take only a few moments to apply, accommodating your family's busy schedule.

**Invisible orthodontics** are available in several types: clear aligners, lingual, and clear ceramic.

**White bonding** material is so strong and beautiful, it can be used as veneers to disguise flaws.

We can help you access these options which are available for every age and every budget!



# Don't Wait For Symptoms

This can affect your health silently

A preliminary study suggests that the incidence of periodontal disease, the most advanced form of gum disease, may be 2-3 times higher than previous estimates. We find this very disturbing because only about 3% of those afflicted with gum disease seek treatment for it. Why so few? We've chatted about this at our staff meetings, and all of us believe it's because people don't understand that gum disease has long-term and potentially life-threatening implications if untreated.

Knowledge is power, and we feel the responsibility to ensure that you have it...

- Gum disease has been linked to diabetes, heart disease, arthritis, lung disease, some cancers, and also to complications in pregnancy.
- It can arrive without symptoms or discomfort.

- It's highly treatable and can sometimes be reversed.
- Regular recare visits and effective home care can halt its progression and its potential impact on your body.

How can there be a mouth-body connection? Your body is comprised of a number of different vital and interdependent systems. Your mouth is part of the digestive

system, for example. If any one of these systems falters, your overall wellbeing is in jeopardy. As science reveals more about the complex associations between them, it grows increasingly clear that healthy teeth and gums are essential to your overall health.

We really care about you, so if it's been a while since your last appointment, please call us today.



## officeinformation

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Nancy..... Receptionist  
Linda, Cynthia, Tonya..... Assistants

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

Checks



## Word Scramble

Win a prize!

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 one of our favorite local spots, Claire's at the Depot!**

*Good luck!*



We will pull the winner's name in a drawing on January 10th, 2011. Enter today!

## 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