

Following Through...

It's up to you!

Our goal is to help you have the best possible oral health for a lifetime. This requires a commitment from you to follow through with our treatment recommendations and home care program.

Some people are motivated by the knowledge that the longer they wait, the more dental repairs will cost. Untreated decay in one tooth will spread. Instead of one filling, you'll likely need a crown (increasing the cost by more than six times) or an eventual root canal (even more expense)! The early stages of gum disease are easy to treat with dental intervention and good home care. Without these therapies, tooth loss can result.

Whether you are motivated most by dollar savings or by a lifetime of attractive smiles, let us help you to follow through!

Have a Great Fall!

Dr. Jay Harre



turn the page

Are your prevention efforts effective?

6 ways to an ageless smile!

Teach your kids well!

Two Years & Counting

A prestigious acknowledgement

It's an honor, privilege, and a blessing to maintain a dental practice where you are able to enjoy quality dental care. We strive to create a comfortable, welcoming, and efficient practice where everyone can feel at ease - and we take this job very seriously. For these efforts, having loyal, trusting patients is reward enough on its own. Then, to receive recognition for these endeavors ...well that's just awesome!

We're very excited to share that for the second year in a row, Dr. Harre has been named as a *Top Dentist* by *Virginia Living Magazine*. The Top Dentist list is created through nominations by others in the dental field, and knowing that this honor is at the hands of our peers gives Dr. Harre a real sense of professional pride.

We're proud that we've managed to successfully create an office that provides a range of quality dental services in an inviting atmosphere, where patient comfort and satisfaction are the highest priorities. Dr. Harre, and our team, work very hard each and every day to achieve these standards ... and to be recognized by other dental professionals as a Top Dentist for these efforts truly makes our day.



Thank you for all your referrals. We appreciate them!

5 TOP TIPS

4 Prevention

Here's a menu to keep you smiling!

Online or off, the digital world can present some risks to the unwary. For example, research suggests that young teenagers tend to consume more sugary snacks during prolonged gaming, which in turn can increase the likelihood of tooth decay. As well, teeth whitening products which are accessible online may not be a safe choice at any age, because they could harm gums and damage teeth enamel. When it comes to good oral health, trust your dental team.

Here are 5 tips for every member of your family:

- See us first to make sure your mouth, teeth, and gums are healthy before starting any whitening program.
- Choose one of our supervised whitening options for safety and the maximum results only we, your dental care team, can provide.
- Stick with your maintenance schedule to keep your smile bright. No whitening is permanent and regular professional cleaning is essential to remove stains and the tartar that can cause gum disease.
- Keep sweet food, desserts, and drinks to mealtimes and brush thoroughly afterwards. It's consumption over extended time periods that heightens the risk of decay.
- Acidic food and drinks can be just as harmful to your teeth as sugar. The acid erodes tooth enamel and can make your teeth sensitive, more vulnerable to cavities, and unattractive.

Virtual reality can be a great place to visit at any age, however real-time brushing and flossing combined with dental visits are still the best for problem prevention to safeguard smiles.



INSIDIOUS INFILTRATORS

Fact: Gum disease is linked to, and may impact, other serious health issues including type-2 diabetes.

Both of these diseases affect millions – children and seniors as well as those in the prime of life. Just as approximately half of type-2 diabetes sufferers have no symptoms, in the earliest stage of gum disease (called *gingivitis*), you might not even realize you have it.

WATCH FOR WARNING SIGNS:

- red or tender gums
- bleeding when brushing or flossing
- chronic bad breath
- receding gums
- loose teeth

Regular recare visits help us monitor developing oral health conditions that have the potential to adversely affect your overall body health. If you don't know you have a disease, you can't treat it ... but we can detect gum disease and treat it right away!

A GREAT GRIN IS *Ageless*

Restorations will give you reason to smile

Studies show that people in cultures that do not focus on oral health often suffer a litany of related and progressive health problems. Gum disease and tooth loss have been correlated with cognitive decline as well as hearing loss in later years, for example. Because of this, it is vitally important to ensure lost or damaged teeth are replaced or restored promptly to insure you can eat and speak properly, avoid further damage, feel good about your appearance, and maintain your positive outlook.

Ensuring healthy gums and teeth that last a lifetime begins with good oral care in childhood, but sometimes teeth can become damaged, broken, or lost. We can restore and replace teeth with beautiful esthetics at any stage of your life...

- **Inlays** are tooth-colored fillings for the biting surfaces of molars.
- **Onlays**, also tooth-colored restorations, sit on the biting surfaces and wrap over one or more cusps of molars.
- **Veneers** offer beautifully shaped straight white teeth while hiding small imperfections.
- **Crowns** cap individual teeth, lending support to compromised structure.
- **Bridges** effectively replace a lost tooth with a replacement tooth, using adjacent teeth as anchors.
- **Implants** are a secure permanent way to replace one or more missing teeth.

Call today to book your consultation to discuss solutions designed for your individual presentation, preference, and budget. Don't wait to restore your smile... Your good health depends on it.

*Call us
today for
solutions
to your
ageless
smile!*



“Ascared” Of The Dentist?

Not your kid!

Kids' fear of “going to the dentist” is usually anticipatory and unfounded. Here are a few tips to help eradicate the potential for life-time dental anxiety by ensuring positive dental experiences throughout childhood.

Show no fear. Even if you experience anxiety, do not communicate this to your child.

Set the bar high.

Demonstrate excellent home care and encourage your child to practice at an age-appropriate level. Pitch in when necessary.

Start early. Call us to discuss the best time to start your child's dental visits, beginning with a get-to-know-us appointment, and if we complete an oral exam, you will be right by your child's side. Afterwards, make the day even more special by going out to lunch or catching a movie together.

Instill pride. Praise your child for taking good care of their smile ...not for their bravery.

Ice Cream Owww!

Icy incidents

How fast can you say *sphenopalatine ganglioneuralgia*? It's the scientific name for “brain freeze.” It happens when you eat something very cold very quickly. You can try pressing your tongue to the roof of your mouth to warm it, but it's best to eat things like ice cream slowly to avoid the discomfort which, weirdly, you feel in your forehead.

That's because when the affected blood vessels signal the largest cranial nerve, your brain interprets the pain as a headache. The trigeminal nerve is also the culprit behind many head, neck, and face aches that are actually generated by the temporomandibular jaw joint. It's no wonder that some sufferers of Temporomandibular Joint Disorder (TMD), a dysfunction of the jaw, don't think to ask their dentist.

Ask us. We'll inform your brain, not freeze it!



Porcelain Veneers

An excellent alternative to crowns, veneers can mask stains, hide chips, correct misalignment, and create uniformity. Veneers, which are made of thin, customized material designed to slide over the teeth, look very natural, are long-lasting, and are relatively easy to apply. Please contact the office for more information about veneers.

Actual patients of Dr. Harre:



This 43-year-old female had a nice smile that was improved with porcelain veneers. She has been a patient since 1994.



This 20-year-old female had small teeth that could not be closed with orthodontic treatment. The teeth were built to proper size with porcelain veneers. She has been a patient since 2001.



This 43-year-old female had previous dental bonding that was starting to chip and stain. The teeth were restored with porcelain veneers. She has been a patient since 2008.

office information

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Office Hours

Mon-Thu 8:00 am – 5:00 pm
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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!

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, the newly renovated Claire's at the Depot!**

Good luck!

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We will pull the winner's name in a drawing on October 31st, 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