

from the dentist

Several dental related items have been in the news recently. We are all thrilled at Michael Douglas' recovery from oral cancer, which is occurring in younger patients now due to HPV. An oral cancer exam is an important part of each hygiene visit to our office.

In January the federal government (HHS and EPA) revised the guidelines for water fluoridation to balance the benefits of reduced tooth decay while limiting unwanted effects such as pitting in children's teeth. Read the article on the back page for more information.

Our office is now recommending less use of fluoride tablets and using fluoride varnish for those patients (child and adult) with high risk for cavities.

The winner of our last Word Scramble was Sharon Simpson. Good luck and send your entry today for this issue's puzzle.

Have a Great Spring!

Dr. Jay Harre

turn the page

Are you *too* sensitive?

3 steps to keep your smile youthful

Why olive oil makes us smile

Sobering Statistics

Why annual oral cancer exams matter



By now you've heard us emphasize many times that the evidence linking gum disease to systemic diseases like diabetes and heart and stroke continues to grow. That's why we're so thorough at your checkups and focus on prevention and home care routines to maintain your oral health. Another important priority we'd like to stress is the need for regular oral cancer exams.

Recently, more than 25% of oral cancer victims have been under age forty and have none of the known lifestyle risk factors like tobacco, alcohol use, diabetes, or HIV. It has now been established that people can develop oral cancer through the *human papilloma virus* (HPV). Most types of HPV are harmless – skin warts for example, are very common. But some types that can be sexually transmitted have been linked to oral cancers.

If oral cancer is caught early, the five-year survival rate can be as high as 90%. If not, the rate drops significantly. You can help us by pointing out any abnormal condition you might have seen or felt in your mouth, even ones that seem trivial like a small canker or cold sore that just won't go away.

And because in its earliest most-treatable stages oral cancer usually causes no pain or discomfort, we will perform an oral cancer examination for all of our adult patients, from age 20, every year.

Thank you for all your referrals. We appreciate them!

Don't Be So Sensitive!

Care for sensitive teeth

Do you experience discomfort or a sharp pain when you breathe icy air, when you sip hot, cold, or sweet beverages, or eat foods with extreme temperatures? Even when brushing your teeth? You could have sensitive teeth which can put a damper on the most pleasurable things in life.

What can you do?

- Always visit us for a diagnosis and treatment options.
- Use a toothpaste specially formulated for sensitive teeth. It takes two weeks before the full effect is evident.
- Rinse with a fluoride-based mouthrinse that contains potassium nitrate to reduce sensitivity.

Don't endure sensitivity symptoms. Call us today!

That Jarring Jawbone!

Relief from TMD is here

It may be stress, previous injury or tooth loss, habitual clenching, gum-chewing, or a part of ageing, but for whatever reason, your jaw aches, you're having difficulty chewing, and it affects how you eat. Other possible causes? Restorations such as crowns, fillings, inlays, and onlays that have worn over time and no longer align or function as they need to.

You may be suffering from *temporomandibular disorder* (TMD) – a misalignment of the jawbone where it connects to your skull. Once we diagnose the cause of your TMD, the solution could be as simple as adjusting or replacing one or more restorations or providing you with a nightguard to maximize your jaw position and relieve your discomfort while you sleep.

Until you see us for treatment, you might be able to alleviate symptoms by chewing on both sides of your mouth, de-stressing, not chewing gum, and performing basic jaw-stretching exercises.

Reinforce
the power
of your
smile

PART OF SMART AGEING

Good for you! You're taking better care of yourself so that as you age, you remain in optimum health. You're using the stairs (not the elevator), protecting your skin, and ramping up the fiber, fruits, and vegetables in your diet. Now think about this: if you live longer, your teeth have to function longer too!

Now is the time to consult with us about the benefits of not just rejuvenating the whiteness in your smile, but also the structure and durability of your teeth. Missing or damaged teeth severely compromise your capacity to chew and digest healthy foods ... negatively affecting your overall health. Not to worry... We have solutions!

- One option is a **bridge**. It replaces a missing tooth by securing a new replacement tooth to the adjacent healthy teeth. Bridges look natural, are easy to clean, and because they're fixed in place, they're stable.
- A **crown** completely covers or "caps" an existing tooth that has a serviceable root but is damaged above the gumline. It improves the tooth's strength and appearance, and extends its lifetime.

As part of your healthy lifestyle team, we will advise you on the best, most cost-effective way to improve your smile. Dental enhancements like bridges and crowns are a great self-investment. You'll look terrific, enjoy a confident smile, and situate yourself wisely to benefit wholly in both oral and overall health!



BEFORE



AFTER

3 Ways To Age Your Smile

Learn the secret to keeping it youthful

In 1900, the average life expectancy was only about 49 and few people anticipated keeping their teeth that long. Today, many mature adults have maintained their teeth, yet have developed potentially serious problems with the *gingivae* (gums) that surround them. This is very important, because when gums are damaged, the gates are literally opened to a host of problems.

FIRST Receding gums. When bacteria is allowed to build up in the mouth and is left untreated, damaged gums become progressively more inflamed. Initially the infection can be painless with no visible signs or symptoms that you would notice during routine home care. Gum disease is the top cause of tooth loss in adults and has been linked to cardiovascular diseases, diabetes, arthritis, Alzheimer's, hearing loss, and cancers.

SECOND Root cavities. Some natural gum recession occurs as you age, but too-vigorous brushing can dramatically speed up the process and expose the roots of your teeth. This is unattractive, but more importantly it can expose your roots to bacteria and cavities. Experts suggest that those taking anti-hypertensives, antidepressants, and analgesics are already at an increased risk of caries (cavities).

THIRD Tooth sensitivity. Receding gums and exposed roots can be painful and eventually, if over-brushing continues, the entire tooth enamel will be affected.

Although we can provide solutions like bonding, veneers, and desensitizers to restore function and appearance, we prefer prevention. Regular examinations and learning proper home care will keep both your gums and teeth healthy.



IN PRAISE OF Olive Oil

Reason to smile

Olive oil, a key component of a Mediterranean-style diet, has provided health benefits for millennia. Mono-unsaturated fat gives olive oil anti-oxidant properties, lowering the risk of colon cancer, incidence of heart disease, and type-2 diabetes.

Because ingesting olive oil enriches skin and soft tissues, and is an anti-inflammatory, it also helps in treating gum disease which, due to the correlation between oral and whole-body health, improves your overall well-being.

Extra virgin olive oil is highest in anti-oxidants because it's less processed. And because of its flavor, processing method, and beneficial properties, it is the only variety of vegetable oil that nutritionists suggest be ingested as is (without being cooked). Only two tablespoons per day will help you look after your whole health while we take care of your oral health!



Your Baby & Fluoride

About a condition called enamel fluorosis

Studies prove that water fluoridation, which is endorsed by the American Dental Association (ADA), reduces tooth decay by 20-40% and is safe for both adults and children. However, research suggests that during your baby's first year, while teeth are developing and before they erupt, fluoridated water might increase the risk of enamel fluorosis.

This condition is not a threat to your baby's oral health and affects only the appearance of teeth by creating faint white lines or mottled teeth enamel. Fluorosis is caused by the absorption of too much fluoride even though it is a naturally occurring mineral.

Your baby is so tiny that relatively small amounts of some substances including fluoride are potentially damaging. Drinking tap water that contains fluoride – even when added to infant formula – is one way your baby might get too much of this otherwise valuable mineral.

How to avoid it? Nursing mothers do not pass along sufficiently large amounts of fluoride to create this potential risk. However, parents who are concerned may wish to choose non-fluoridated water for baby's bottle and to reconstitute powdered or liquid concentrate infant formula.

Remember, the ADA considers community water fluoridation to be the single most effective public health measure to prevent tooth decay and improve oral health over a lifetime for both children and adults.

Giving your baby fluoridated water doesn't mean that they will get fluorosis, only that it's a possibility.

office information

John W. Harre, DDS, FAGD, FICOI
10 Rock Pointe Lane
Warrenton, VA 20186-2630

Office Hours

Mon-Thu 8:00 am – 5:00 pm
* Selected Fridays

Contact Information

Office (540) 349-1220
Fax (540) 349-8279
Email jharre@agd.org
Web site www.JHarreDDS.com

Office Staff

Colleen, Shannon Hygienists
Nancy Receptionist
Linda, Cynthia, Tonya Assistants

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

Checks



Information included is not dental or medical advice. For your specific information be sure to consult our office. If you do not wish to receive this newsletter, please contact us directly.

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!

OAPLPLIM
ESESTIVNI
NITIANDXOSTA
SLFOOISRU
NEEEMNHTCNSA

We will pull the winner's name in a drawing on June 1st, 2011. Enter today!

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- Comprehensive Family Dentistry
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 - Tooth Whitening
 - Porcelain Crowns and Veneers
 - Tooth-colored Fillings
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 - Surgical Placement of Implants
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