

Tooth Fairy Times



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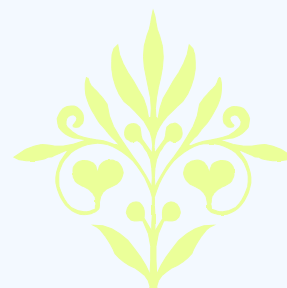


Office Closures

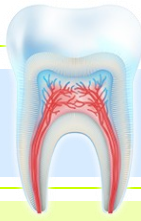
AS A REMINDER TO ALL OUR WONDERFUL PATIENTS:

OUR OFFICE WILL BE CLOSED THE FOLLOWING DAYS

- **MONDAY, JUNE 27, 2016 – MONDAY, JULY 4, 2016**
OFFICE WILL REOPEN AT REGULAR TIME ON TUESDAY, JULY 5, 2016
- **MONDAY, JULY 25, 2016 – MONDAY, AUGUST 1, 2016**
OFFICE WILL REOPEN AT REGULAR TIME ON TUESDAY, AUGUST 2, 2016
- **MONDAY, AUGUST 22, 2016 – WEDNESDAY, AUGUST 24, 2016** OFFICE WILL REOPEN AT REGULAR TIME ON THURSDAY, AUGUST 25, 2016



Why do my



teeth? hurt?

Is the taste of ice cream or a sip of hot coffee sometimes a painful experience for you? Does brushing or flossing make you wince occasionally? If so, you may have sensitive teeth.

Possible causes include:

- Tooth decay (cavities)
- Fractured teeth
- Worn fillings
- Gum disease
- Worn tooth enamel
- Exposed tooth root

In healthy teeth, a layer of enamel protects the crowns of your teeth—the part above the gum line. Under the gum line a layer called cementum protects the tooth root. Underneath both the enamel and the cementum is dentin.

Dentin is less dense than enamel and cementum and contains microscopic tubules (small hollow tubes or canals). When dentin loses its protective covering of enamel or cementum these tubules allow heat and cold or acidic or sticky foods to reach the nerves and cells inside the tooth. Dentin may also be exposed when gums recede. The result can be hypersensitivity.

Sensitive teeth can be treated. The type of treatment will depend on what is causing the sensitivity. Your dentist may suggest one of a variety of treatments:

- Desensitizing toothpaste. This contains compounds that help block transmission of sensation from the tooth surface to the nerve, and usually requires several applications before the sensitivity is reduced.
- Fluoride gel. An in-office technique which strengthens tooth enamel and reduces the transmission of sensations.
- A crown, inlay or bonding. These may be used to correct a flaw or decay that results in sensitivity.
- Surgical gum graft. If gum tissue has been lost from the root, this will protect the root and reduce sensitivity.
- Root canal. If sensitivity is severe and persistent and cannot be treated by other means, your dentist may recommend this treatment to eliminate the problem.

Proper oral hygiene is the key to preventing sensitive-tooth pain. Ask your dentist if you have any questions about your daily oral hygiene routine or concerns about tooth sensitivity.



6 TOOTH MYTHS



#1 Baby teeth aren't important.

A lot of people believe that baby teeth are less important than permanent teeth because they are just going to “fall out anyway”. But baby teeth serve a very important purpose as place-holders in growing mouths during early years of development. They help maintain the proper structure of the mouth in providing a guide for permanent teeth to move in behind them when the time comes. Plus, cavities in baby teeth still cause pain and discomfort which often leads to missed school and poor overall health.

#2 You should brush immediately after eating.

You may be surprised to learn that brushing immediately after a meal may actually harm your teeth. Acids created by food can wear away your protective enamel leaving your teeth at their weakest state right after you eat. Your body uses saliva to correct the high acid levels in your mouth. Saliva also naturally washes away food particles and gives your enamel the balance it needs to continue its protective work.

#3 Cavity-prone teeth are inherited.

Many people assume that just because their parents had few cavities, that they will also have few cavities. Conversely, people too often use genetics as an “excuse” for poor dental care by blaming cavities on family history.

While there is a *small* genetic influence in determining susceptibility to tooth decay, the fact remains that most cavities are 100% preventable. Babies and young children, for example, often develop cavities as a result of bacteria transferred through the sharing of eating utensils or parents cleaning off pacifiers in their own mouths.

#4 Candy is the worst food for your teeth.

It may be a shocker, but starchy foods like potato chips and crackers can actually be worse for your teeth than candy. That's because these foods have a high sugar content and they often become stuck to your teeth. While some candies dissolve quickly in the mouth and are washed away by water or saliva, crackers often hang around in the mouth a lot longer.

#5 Chewing gum after a meal is just as good as brushing.

While chewing sugar-free gum after a meal can be better than not doing anything, it's certainly no substitute for brushing or flossing. Gum that contains the natural sugar substitute xylitol has actually been shown to prevent tooth decay. But brushing and flossing for at least two minutes, twice a day, is the only way to truly clean your teeth and reach the tight spots between them.

#6 Brushing or flossing is bad for bleeding gums.

It's too often assumed that when brushing or flossing causes bleeding gums, that those activities should be avoided. In fact, the opposite is true. Gums generally bleed because they become inflamed due to food particles trapped between the teeth and gums. A buildup of plaque irritates sensitive gum tissue. Brushing and flossing should always be performed gently, using a soft bristled brush. However, bleeding gums should never be considered “normal”. If you or your child has gums that bleed regularly, they should be examined.

DENTAL TIPS FOR WHEN YOU GO ON VACATION

Your toothbrush — don't leave home without it

Stick to your routine —continue to brush your teeth at least twice per day and floss daily. Carry travel-sized packets of floss or dental picks in your purse or pocket if you'll be out for most of the day. If you're travelling, a collapsible toothbrush and a roll of floss fit nicely into your purse or carry-on luggage. If you have a cottage, stock up on toothbrushes, floss and toothpaste for the season.



See Dr. Rainey Before Leaving

Book a dental exam well before your vacation. Dr. Rainey can detect problems before you may experience any symptoms, and any necessary treatment can be taken care of before you leave. If a family member has braces and will be away for several weeks, it is a good idea to schedule an appointment with the orthodontist prior to leaving.

Be prepared

Do your research before your trip on the dental care available in the area where you will be staying. Get the contact information for local dentists and phone ahead for information on office hours. Or, **Dr. Rainey** may be able to recommend a dentist in the area. This will save you precious time in case of a dental emergency.

Eat healthy

Indulging in sweet and sticky foods while on vacation may be fun, but try to minimize the amount you consume. Keep those s'mores around the campfire to a minimum. Best bet? Stick to fruits and vegetables as they contain the essential vitamins and minerals teeth and gums need to stay strong and healthy.

Drink plenty of water, every day. It is the best way to stay hydrated, no matter if you're sitting on a beach or hiking in the hills.

Beware the rays

Moderate exposure to sunlight is the best natural source of vitamin D, which is used by the body to absorb calcium and phosphorous, helping to keep teeth and bones strong. However, prolonged exposure to the sun can increase your risk of cancers, including to the lips and the mouth.

When applying sunscreen, don't forget your nose and lips. Use a lip balm that contains protection against UVA and UVB rays.



how to deal with a dental emergency while on vacation



Summer is a time for soaking up the rays and getting a healthy dose of vitamin D (don't forget the sunscreen!). But while you're relaxing poolside in the summer sun, be careful of some heat-busting snacks that can cause smile-damaging results. We're all about enjoying your time in the sun, but we want to make sure that you're aware of some dangerous summer snacks and suggest some healthier alternatives.

Foods that are sticky or chewy are never a good choice for your teeth. Some more commonly eaten sticky foods are dried fruit or fruit snacks. These chewy snacks are not only high in sugar, their sticky nature also causes the sugar to linger around in the mouth longer, potentially causing some unwanted tooth damage. Sticky foods in general are also guilty of damaging tooth restorations or fillings. When you can, it's best to stay away.

Another common summer treat that is suggested avoiding, or at least enjoying in moderation, is barbeque. Barbecue sauces often contain a lot of sugar, vinegar, and sometimes even dye. The dye that's typically used in barbecue sauce can contribute to staining or discoloration of your smile, and while we already know that sugar is bad for your smile, acids, like vinegar, are also dangerous for your grin.

Citrus fruits including oranges, lemons, and grapefruits are also highly acidic and can lead to damage of the enamel and can promote tooth decay. Since these fruits are high in vitamin C and so thirst quenching, we don't expect you to avoid them. Just remember that after you enjoy some orange slices, you should rinse your mouth with water to neutralize the acid.

When it comes to quenching your thirst, always choose water over any sugary beverage like soda, sweet tea, or sports drinks. Since people are often more active in the summer, they're more likely to turn to a sports drink like Gatorade. If you need an extra boost of electrolytes, drink these types of beverages sparingly and avoid swishing them around in your mouth.

So what snacks are all right to eat? Veggies like celery or carrots are excellent foods for your body and your smile; try some proteins like nuts and turkey; and don't forget to swing by the dairy aisle to pick up some calcium rich cheese or yogurt that are not only good for your bones, they're also good for your teeth.

This summer, while you're enjoying the sun, make sure you're also enjoying some smile-friendly foods. Next time you're shopping for food, we urge you to make sure to add some smile-friendly items to your list. They'll not only be delicious to eat, they'll also keep your mouth healthy all summer (and year) long.



Dr. Rainey's A+ Kids No Cavity Club

♥THESE ARE ALL THE NAMES OF PATIENTS FROM
MARCH 1ST TO MAY 31ST THAT ARE CAVITY FREE!!!

KEEP UP THE GOOD WORK!!

♥ LEAH

♥ ALBERT

♥ NATHAN

♥ JOSHUA

♥ OLIVIA

♥ DYLAN

♥ DEVIN

♥ MADDY

♥ HAYLEY

♥ KAYDEN

♥ DEWALT

♥ AMANDA

♥ LAUREN

♥ BRYANNA

♥ MICHAEL

♥ BETHANIE

♥ JASIR

♥ ZAVIEN

♥ JAYLIN

♥ DELON

♥ EDMONDSON

♥ GAVIANA

♥ ENSIYA

♥ GIYENTO

♥ SIRONAI

♥ MMINGA

♥ MIIVVA

♥ SSERNIVA

♥ CHARLIE

♥ TRAVIS

♥ CONNER

♥ KORA

♥ TRINITY

♥ QUINN

♥ RHYAN

♥ GIA

♥ ESTHER

♥ ANDREW

♥ ELLIOTT

♥ BELLA

♥ NICO

♥ FRANK

♥ AMAYA

♥ VANESSA

♥ KAITLYNN

♥ NOAH

♥ JAYLEY

♥ RACHEL

♥ LISENYA

♥ HELEN

♥ ADDISON

♥ AUTUMN

♥ CARMEN

♥ ISAIAH

♥ AZION

♥ VICKI

♥ KIMBERLY

♥ MILO

♥ SKYLER

♥ LOGAN

♥ GRAYSON

♥ LINCOLN

♥ JASON

♥ HEATHER

♥ JAYDEN

♥ JYA

♥ JASMINE

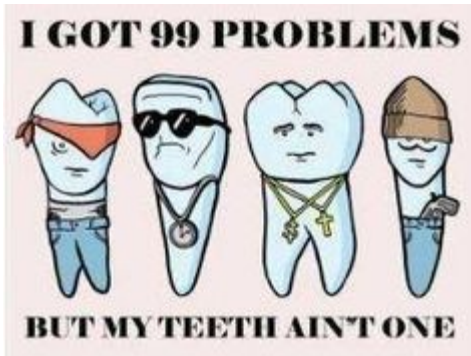
♥ ISABELLA

♥ TEAGAN

♥ OWEN

♥ MEGHAN





MONDAY, TUESDAY, AND THURSDAY

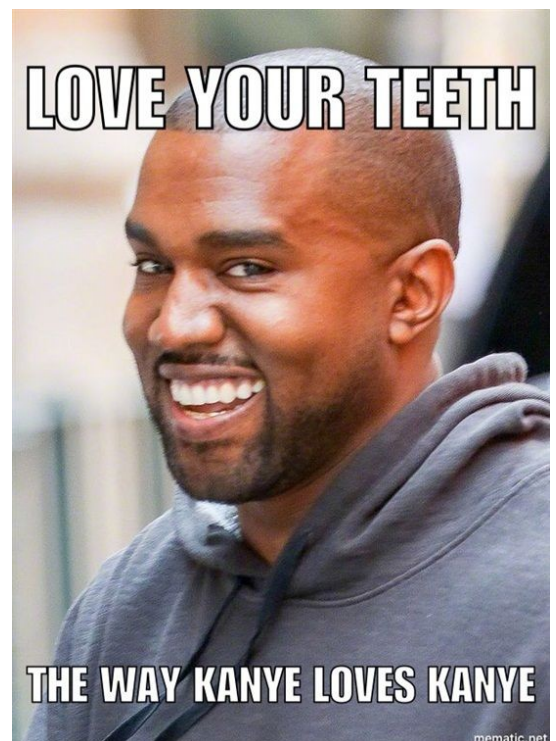
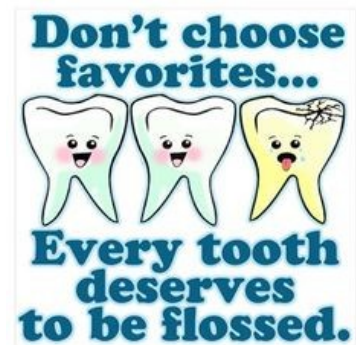
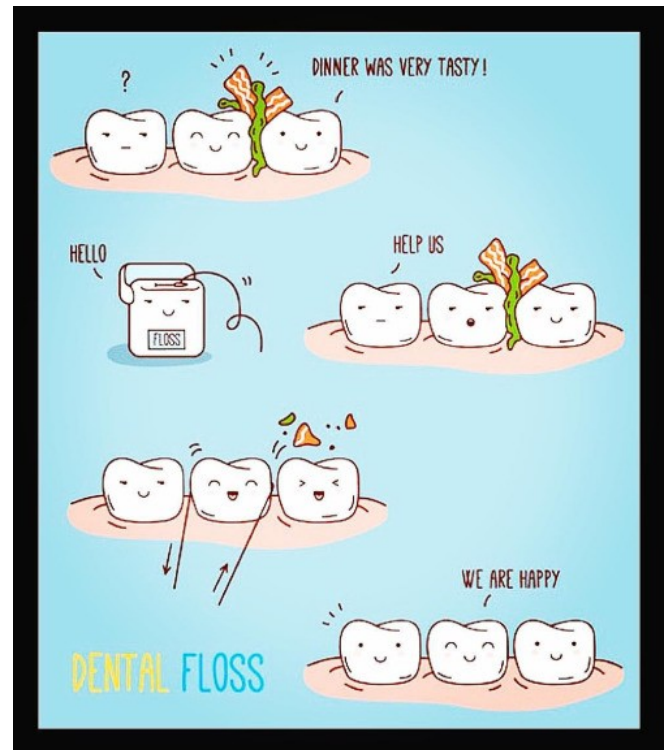
7:30 AM - 12:00 PM;
1:30 PM - 4:00PM

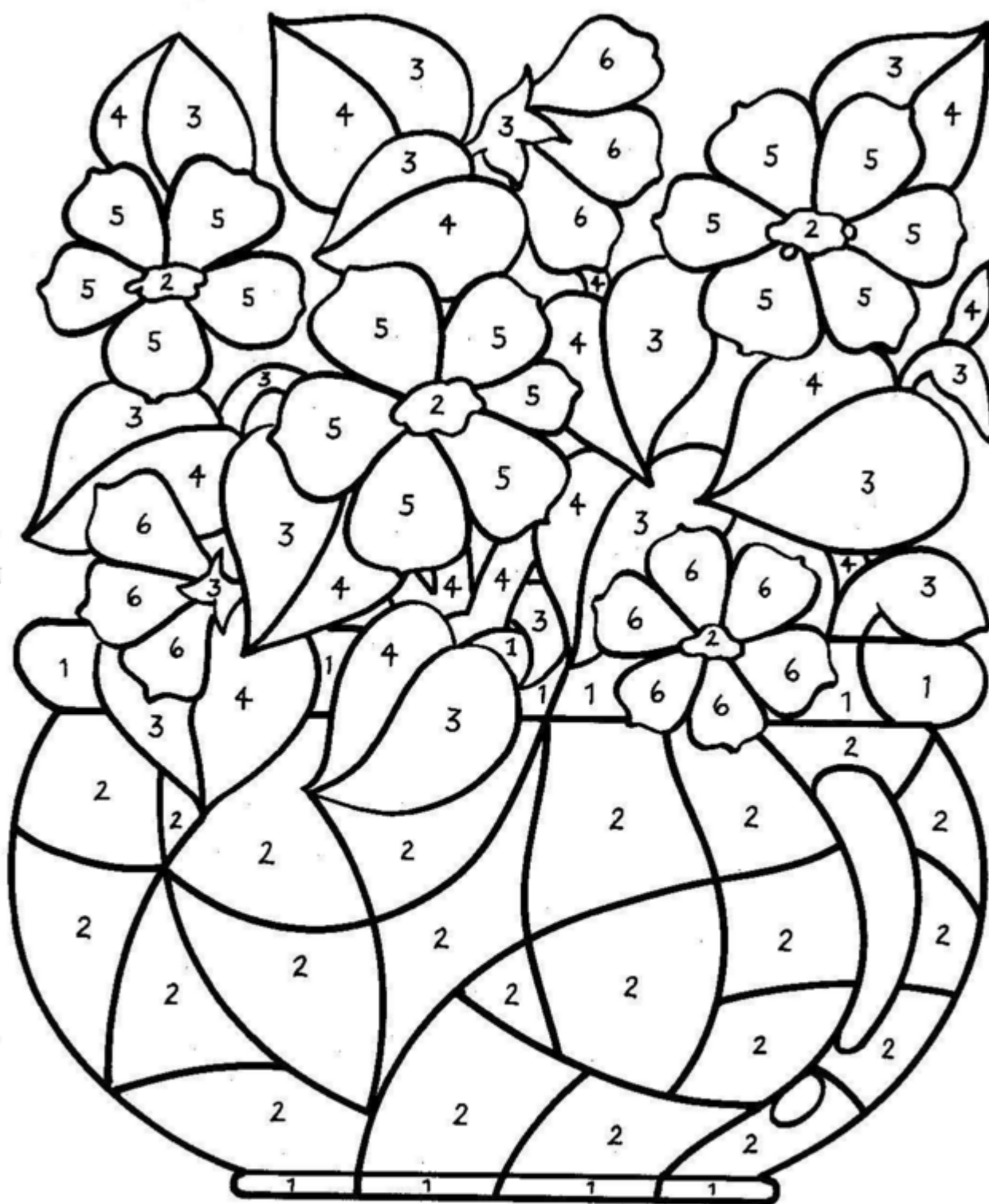
CLOSED WEDNESDAYS

OFFICE CLOSED FOR LUNCH BETWEEN

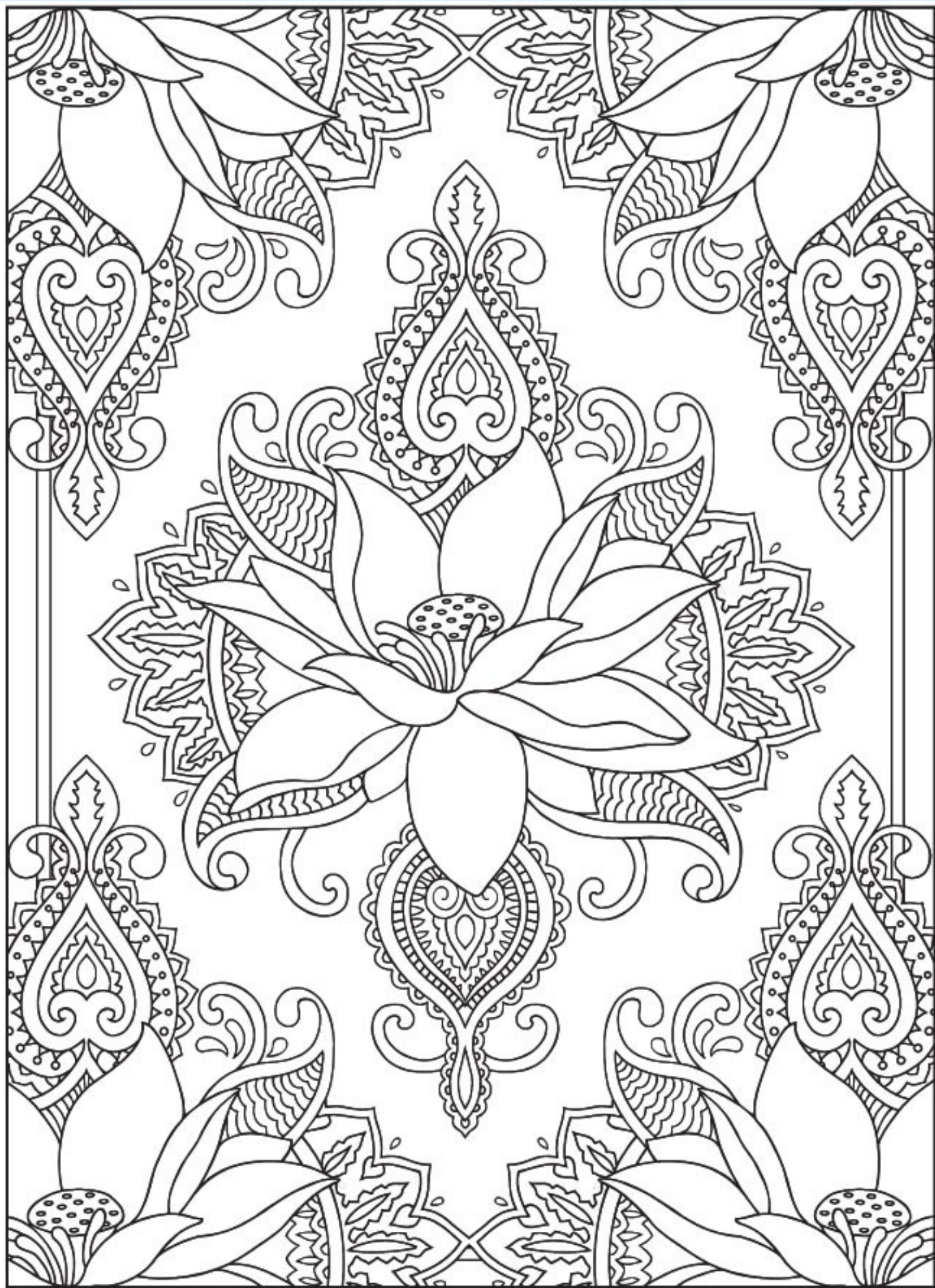
12:00 PM - 1:30 PM

FRIDAY - 7:30 AM - 12:00 PM





1. Red 2. Yellow 3. Light Green 4. Dark Green 5. Blue 6. Purple



Friday Night Food and Fun



DOING THE MOST GOOD

We invite families to join us each week during the summer for a meal and an evening of fun! Take home fresh produce and kid-friendly food for the weekend.

There is no fee to participate.

**The Salvation Army Annex
821 Lafayette Boulevard
(Corner of Lafayette and Littlepage)
Fredericksburg, VA 22401
Fridays from June 24 – August 19
6:00pm – 8:00pm**

Pre-registration is requested. Simply call our office to pre-register prior to June 24th. (540) 373-3431

Games! Science! Music! Storytelling! Fresh Foods!

Like our Facebook page to learn about each week's activities: www.facebook.com/FXBGSalvationArmy

For more information or to pre-register, please contact:

**The Salvation Army - Fredericksburg Corps
(540) 373-3431
margie_zambon@uss.salvationarmy.org
2012 Lafayette Boulevard
Fredericksburg, VA 22401**

