



Tooth Fairy Times



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As a reminder to all our wonderful patients:

Our office will be closed the following days:

- Monday, July 20, 2015—Monday, July 27, 2015 (we will reopen on Tuesday, July 28, 2015 at regular time.)



Office Hours

Monday—8:30 AM—5:00 PM

Tuesday—8:30 AM—5:00 PM

Wednesday—CLOSED

Thursday—8:30 AM—5:00 PM

Friday—8:30 AM—12:00 PM

Office Information

1229 Garrisonville Road,
Suite, 101

Stafford, VA 22556

Office # 540-318-8708

Fax # 540-318-8710

Email—

vraineydds@gmail.com



News you can use— Summer Dental Tips



Keep your teeth safe this summer: Avoid dental injuries when playing sports

Summer is the time for enjoying the great outdoors. However, some popular summer sports – such as swimming and softball – can expose your teeth to danger. Here are several seasonal activities that could lead to dental injuries and ways to keep your smile safe:

Swimming

Frequent swimmers may be at risk for developing yellowish-brown or dark brown stains on their teeth.

Those who swim more than six hours a week continually expose their teeth to chemically treated water. Pool water contains chemical additives, which give the water a higher pH than saliva. As a result, salivary proteins break down quickly and form organic deposits on teeth. These hard, brown deposits, known as "swimmers' calculus," appear most frequently on the front teeth.



Swimmers' calculus can normally be removed by a professional dental cleaning.

Diving

Scuba diving, a sport enjoyed by more than 4 million people in the U.S., can lead to jaw joint pain, gum tissue problems or "tooth squeeze" – pain in the center of the tooth.



All of these symptoms add up to what's called "diver's mouth syndrome" (also called barodontalgia), a condition caused by the air pressure change involved in scuba diving and by divers biting too hard on their scuba air regulators. Tooth squeeze is caused by the change in air pressure, particularly if a diver has a big cavity, a temporary filling, gum disease, periodontal abscess or incomplete root canal therapy.

The best way to avoid these problems is to visit your dentist before scuba diving and make sure your dental health is tip-top. Ask your dentist's advice about fitting the mouthpiece of an air regulator. Sometimes dentures can be inadvertently swallowed during a dive, so denture-wearers should consult with dentists before diving to discuss any potential problems.

Contact sports (soccer, softball, basketball, etc.)

According to the Academy of General Dentistry (AGD), soccer players are more likely than football players to sustain a dental-related injury – and these statistics do not include people playing pick-up games with friends.

Soccer is a sport where mouth guards and face masks are not mandatory, upping the odds for mouth and face injuries. Softball, basketball and pick-up games of touch football involve similar risks. In addition to causing injuries during contact, these sports also may be costly for people who have had extensive dental work, especially people who wear braces.

When participating in such sports, a mouth guard is your best ally. The AGD estimates that mouth guards prevent more than 200,000 injuries each year. Using a mouth guard can prevent damage to braces or other orthodontic work, as well as prevent mouth cuts, jaw injuries and tooth damage.

There are several types of mouth guards. Ask your dentist for advice about which mouth guard solution is best for you.

Stock mouth guard: The lowest cost option is an item that can be bought "off the shelf" from a drug or sporting goods store. This type of mouth guard offers the least protection because the fit adjustment is limited. While better than nothing, a stock mouth guard is not considered acceptable as a facial protective device.



The Cost of Delaying Dental Care

 **1 in 3**

Americans **delaying dental care** because of the current financial situation

Source: Aspen Dental Cost of Delay Study, 2013

 **80%** know that delaying care **will cost them more** in the long run

Source: Aspen Dental Cost of Delay Study, 2013

61% of workers with income below \$35,000 have **no dental insurance**

Source: Aspen Dental Cost of Delay Study, 2013



Only **1 in 10** Americans agree that routine dental visits are “critical” to their overall well-being

Source: Aspen Dental Cost of Delay Study, 2013

Annually, dental health-related illnesses are responsible for...

Source: US Department of Health and Human Resources, Oral Health, U.S. 2002 Annual Report

missed work days

20.5
million

missed school hours

51
million



Increase in ER visits for dental problems from 2006 to 2009, resulting in over 800,000 ER visits in 2009 – a trend that is expected to continue

Pew Center on the States, “A Costly Dental Destination,” 2012





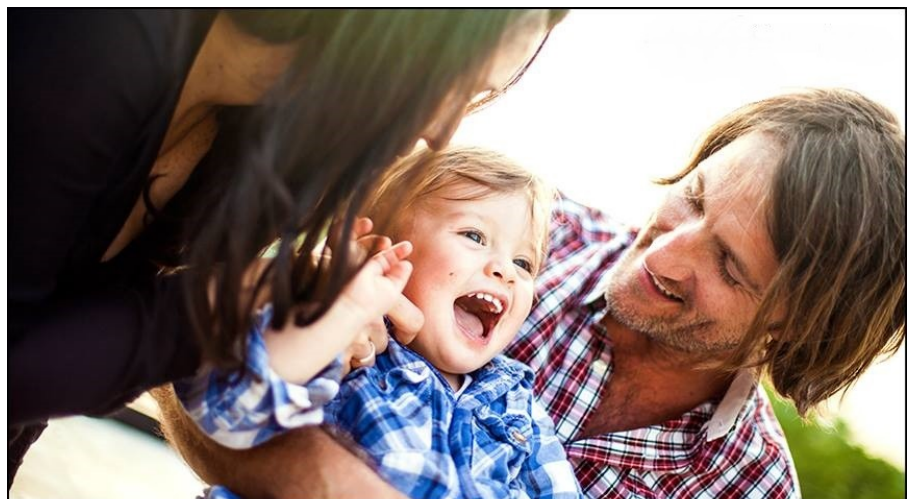
Dr. Rainey's A+ Kids No Cavity Club

- | | | |
|--------------|-------------|-------------|
| • Niyah | • Addison | • Sallie |
| • Tia | • Autumn | • Evion |
| • Antoine Jr | • Crystal | • Jalen |
| • Seaaaira | • Ruby | • James |
| • Kiani | • Esmeralda | • Jack |
| • Jaylen | • Cody | • Logan |
| • Kayden | • Dylan | • Lincoln |
| • Jasir | • Angel | • Grayson |
| • Vicky | • Ramon | • Makayla |
| • Carmen | • Jaslyn | • Jayana |
| • Kimberly | • Elijah | • Cierra |
| • Bodhi | • Jayley | • Christian |
| • Sila | • Helen | • Kaela |
| • Lisenya | • Liam | • Elia |
| • Finley | • Elijah | • Skyler |
| • Bailey | • Ayanna | • Nia |
| • Kaya | • Owen | • Benny |
| • Edmondson | • Mia | • James |
| • Asjah | • Ryan | • Devin |
| | • Michael | • Teagan |
| | • Bethanie | • Valentina |
| | • Aniyah | • Isabella |
| | • Dakota | • Meghan |
| | • Jya | • Buice |



These are all the names of patients from March 1st to May 31st that are cavity free!!! Keep up the good work.

Proud Sponsor of North
Stafford High School Lacrosse



Your **SMILE** is worth a thousand pictures.

Did Your Insurance Change?

Notify our office right away if your insurance has changed prior to your appointment to avoid delays in your appointment or the possibility of having to reschedule your appointment. We must verify your insurance benefits before we can do any services. If you have any questions or concerns regarding what insurances we participate with please give us a call during normal business hours or email our office at vraineydds@gmail.com

*Just some of the insurance providers we work with. We accept most PPO plans . We DO NOT accept any HMO plans.





Call us today to schedule your free consultation and discuss your individual Invisalign payment plan!



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