



Tooth Fairy Times

Office Closures

As a reminder to all our wonderful patients:

Our office will be closed the following days:

- Monday, September 7, 2015 in observance of Labor Day
- Thursday, November 5, 2015–Tuesday, November 10, 2015.
We will reopen on Thursday, November 12, 2015 at regular time.
- Thursday, November 26, 2015–Friday, November 27, 2015
in observance of Thanksgiving.



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Office Information

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Office Hours

Monday—8:30AM—5:00 PM
Tuesday—8:30AM—5:00 PM
Wednesday—CLOSED
Thursday—8:30 AM—5:00 PM
Friday—8:30 AM—12:00 PM

Teeth Grinding



"Keep a stiff upper lip" or "get a grip!" That's often the advice we get—and give—on how to cope with stress. If you take it literally, the result could be grinding your teeth or clenching your jaws. It's called bruxism, and often it happens as you sleep.

Teeth grinding can be caused not just by stress and anxiety but by sleep disorders, an abnormal bite or teeth that are missing or crooked. The symptoms of teeth grinding include:

- dull headaches
- jaw soreness
- teeth that are painful or loose
- fractured teeth

Your dentist can fit you with a mouth guard to protect your teeth during sleep. In some cases, your dentist or physician may recommend taking a muscle relaxant before bedtime. If stress is the cause you need to find a way to relax. Meditation, counseling and exercise can all help reduce stress and anxiety.



Teeth grinding is also common in children. However, because their teeth and jaws change and grow so quickly it is not usually a damaging habit that requires treatment and most outgrow it by adolescence.

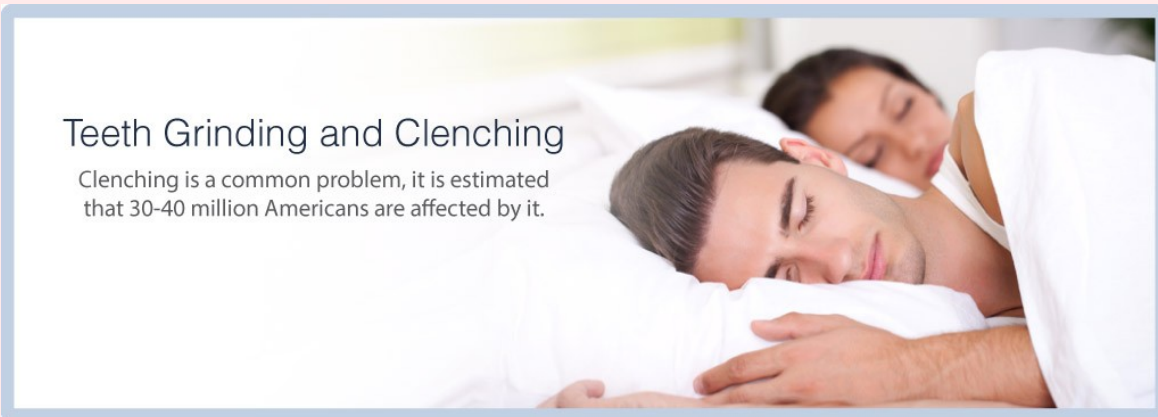
Although in adults teeth grinding is often the result of stress, the same is not always true with children. Other possible causes of teeth grinding in children include:

- irritation in the mouth
- allergies
- misaligned teeth

If you're concerned about your child's teeth grinding, ask your child's dentist about the potential causes and, if necessary, the possible solutions.

Teeth Grinding and Clenching

Clenching is a common problem, it is estimated that 30-40 million Americans are affected by it.



Dental Care and Pregnancy: Your Most Common Questions Answered



Women experience unique and varied hormonal changes at different life stages that may influence their oral health; pregnancy is no exception. During such an exciting and overwhelming time, your oral health may be neglected. Understanding these changes – combined with regular dental examinations and preventive care—is the best way to practice good oral health habits during this time.

Why should I tell my dentist I'm pregnant?

The dentist is a patient's best source of advice on how to achieve and maintain optimal oral health at all times, and especially when a patient is pregnant. It's important to remember normal pregnancy is not an illness; it's a temporary condition. Remember, good oral health and habits in the mom are the best first steps in baby's

oral health.

Why are my gums bleeding more?

Hormone levels change considerably during pregnancy. The most common thing dentists notice in pregnant patients is that their gums can become inflamed and bleed more easily. This is due to changes in mouth bacteria that feed on the extra hormones secreted during pregnancy, and in the overall increase of fluid levels in the body as the pregnancy progresses. Regular professional dental cleanings are an important part of reducing the inflammation that can occur during pregnancy – as well as the patient's own daily home care. Ask your dentist about what type of solutions fit your needs. If you continue to have problems with your gums post-birth, book an appointment and with your dentist.

At what point in my pregnancy should I schedule a dental exam with my dentist?

It is suggested that a pregnant woman schedule an examination during the first trimester to have your oral health diagnosed. Sometimes, the six-month routine visit (which included scaling, polishing and a fluoride treatment,) may be doubled – every three months instead of every six. You will want to ensure you have healthy gums the whole way through my pregnancy.

Should I have a dental X-ray taken while pregnant?

It's safe to have dental radiographs taken during pregnancy; although, dentists tend to avoid them, except in the case of a dental emergency. If a patient has an acute infection (such as an abscess), it's important this be treated promptly. Emergency care during pregnancy is not only safe, it's also essential. There are certain types of local anesthetics that are avoided during pregnancy, as well as certain prescription pain medication and antibiotics. If you require X-rays, you and your baby will be shielded from the low dose of radiation by a lead apron.

Can vomiting during pregnancy cause problems with my teeth? Will my frequent 'morning' sickness have an effect on my enamel or gums?

Stomach acid can damage the surface of your teeth and promote tooth decay. Rinse your mouth with water after throwing up and don't brush your teeth right away, since doing so tends to brush the acids into the teeth. If vomiting is really severe, you can rinse with a neutralizing rinse made by adding a teaspoon of baking soda to room-temperature water and swishing, then spitting it out.

Is it true a woman loses one tooth for every pregnancy?

No, that's an old spouses' tale. The calcium needed to make your baby's teeth comes directly from your diet, not from your own teeth. However, if you don't get enough calcium while pregnant, your body will provide this essential mineral from the calcium in your bones, putting your bones at risk. Even though the best source of nutrients is a well-balanced diet, with a wide variety of fruits, vegetables and dairy products, many pregnant women find it difficult to achieve this if they are suffering from pregnancy related nausea and vomiting. Ask your obstetrician or physician, or nutritionist what additional supplements may be needed.



FOR TTH'S SAKE

WHY REGULAR DENTAL CARE NOW CAN SAVE YOU BIG LATER

Dental care can be overlooked by many, but it literally pays to take care of your teeth. With proper at-home dental care and regular preventive dental visits, you can save big on the costs of restorative procedures and decrease the likelihood of health problems in the future. We take a look below.

WHAT'S IDEAL

The American Dental Association recommends regular brushing, flossing, and dental checkups.



How Often You Should See a Dentist:

2X A YEAR

*More or less depending on the patient



WHAT'S TYPICAL

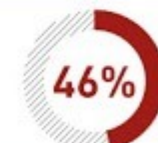
But not all of us follow our dentists' orders.



Women change toothbrushes every 3 to 4 months on average. Men change toothbrushes every 5 months on average.



of those **without** dental insurance visit the dentist twice a year.



of those **with** dental insurance visit the dentist twice a year.

SOURCES: AMERICAN DENTAL ASSOCIATION | COLGATE | THE MAYO CLINIC | NATIONAL UNDERWRITER LIFE AND HEALTH | AMERICAN MEDICAL ASSOCIATION | BRIGHTER.COM

Created By DentalCareAlliance.net



Why your smile matters so much...



Percentage of adults who say an attractive smile is an important personal asset.



Percentage of people who say they look best in photos when they are showing their teeth.



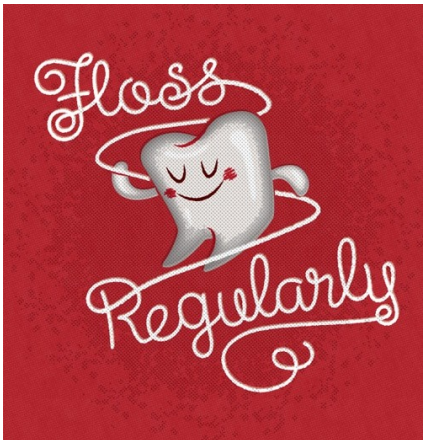
Percentage of people who say unattractive teeth can hurt chances for business or career success.



Percentage of adults that are unhappy with the appearance of their teeth.



Percentage of people who say they look the best with their mouth closed.





Dr. Rainey's A+ Kids No Cavity Club

- | | | | |
|-----------|-----------|-----------|-------------|
| • Hannah | • Mason | • Naois | • Anjanette |
| • Brianna | • Carter | • Hailey | • Divine |
| • Brian | • Chloe | • Hannah | • Bryanna |
| • Simone | • Andrew | • Caleb | • Damayne |
| • Zol | • Elliott | • London | • Dawalt |
| • Jaylin | • Esther | • Blake | • Josh |
| • Kayden | • Tessa | • Jaxon | • Josiah |
| • Matthew | • Brynn | • Trinity | • Rachel |
| • Milo | • Lucian | • Lexis | • Matthew |
| • Jasmine | • Michael | • Raymond | • Brittany |
| • Delon | • Ina | • Alex | • Maddy |
| • Zavien | • Aimsley | • Mikayla | |
| • David | • Alex | • Sarah | |
| • Austin | • Lucas | • Rod | |
| • Brandon | • Matthew | • Brianna | |
| • Michael | • Natalie | • Leah | |
| • Isabel | • Caleb | • Albert | |
| | • Isaiah | • Lisa | |
| | • Azion | • Averi | |
| | • Eliana | • Cedric | |
| | • Maximo | • Kevin | |

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



empower HOUSE

SUPPORTING SURVIVORS OF DOMESTIC VIOLENCE

Clean teeth are COOL!

Brush & Floss Chart

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	<input type="checkbox"/> Brush <input type="checkbox"/> Floss	<input type="checkbox"/> Brush <input type="checkbox"/> Floss	<input type="checkbox"/> Brush <input type="checkbox"/> Floss	<input type="checkbox"/> Brush <input type="checkbox"/> Floss	<input type="checkbox"/> Brush <input type="checkbox"/> Floss	<input type="checkbox"/> Brush <input type="checkbox"/> Floss	<input type="checkbox"/> Brush <input type="checkbox"/> Floss
Week 2	<input type="checkbox"/> Brush <input type="checkbox"/> Floss	<input type="checkbox"/> Brush <input type="checkbox"/> Floss	<input type="checkbox"/> Brush <input type="checkbox"/> Floss	<input type="checkbox"/> Brush <input type="checkbox"/> Floss	<input type="checkbox"/> Brush <input type="checkbox"/> Floss	<input type="checkbox"/> Brush <input type="checkbox"/> Floss	<input type="checkbox"/> Brush <input type="checkbox"/> Floss
Week 3	<input type="checkbox"/> Brush <input type="checkbox"/> Floss	<input type="checkbox"/> Brush <input type="checkbox"/> Floss	<input type="checkbox"/> Brush <input type="checkbox"/> Floss	<input type="checkbox"/> Brush <input type="checkbox"/> Floss	<input type="checkbox"/> Brush <input type="checkbox"/> Floss	<input type="checkbox"/> Brush <input type="checkbox"/> Floss	<input type="checkbox"/> Brush <input type="checkbox"/> Floss
Week 4	<input type="checkbox"/> Brush <input type="checkbox"/> Floss	<input type="checkbox"/> Brush <input type="checkbox"/> Floss	<input type="checkbox"/> Brush <input type="checkbox"/> Floss	<input type="checkbox"/> Brush <input type="checkbox"/> Floss	<input type="checkbox"/> Brush <input type="checkbox"/> Floss	<input type="checkbox"/> Brush <input type="checkbox"/> Floss	<input type="checkbox"/> Brush <input type="checkbox"/> Floss
Week 5	<input type="checkbox"/> Brush <input type="checkbox"/> Floss	<input type="checkbox"/> Brush <input type="checkbox"/> Floss	<input type="checkbox"/> Brush <input type="checkbox"/> Floss	<input type="checkbox"/> Brush <input type="checkbox"/> Floss	<input type="checkbox"/> Brush <input type="checkbox"/> Floss	<input type="checkbox"/> Brush <input type="checkbox"/> Floss	<input type="checkbox"/> Brush <input type="checkbox"/> Floss

_____ Name _____

