



Tooth Fairy Times

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Fall 2010

VaCora L. Rainey, DDS,
PLC

2010 Virginia Dental Association House of Delegates meeting

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The VDA Governance meeting was held in Roanoke, VA. Dr. Rainey is seen here with Dr. Alonzo Bell-President of the Virginia Dental Association (left) and Dr. Ron Tankersley-President of the American Dental Association.



**Print out a cool
coloring sheet
on page 4!!**

Patient News

Michael Rose will be starring in a feature film entitled "Return of the Goat Man." Michael plays Homicide Detective Lumbrouski. The film is set to be released on October 28, 2010 in select Prince George's County, MD theaters. It will also be submitted to a variety of film festivals. His wife, Emily, will also make a guest appearance!!



Community News

S.E.R.V.E., Inc is a non-profit organization who is tasked with providing food and financial assistance to families in the area. They have been awarded a Grant from the Stafford Hospital Center to provide prescription assistance to low income families in Stafford. If you or someone you know is need of assistance, please contact Marilyn Stevens at (540) 288-9603.



Fall for Smiles



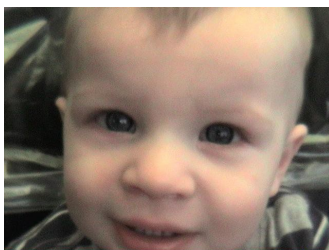
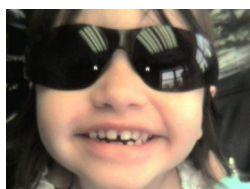
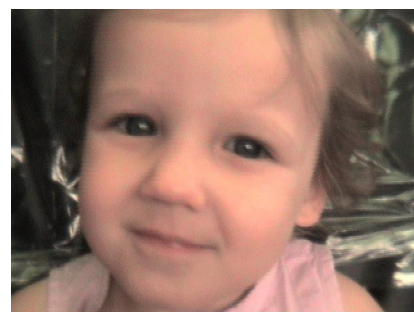
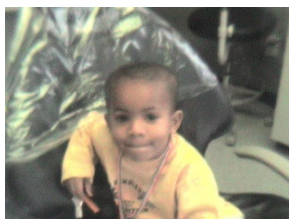
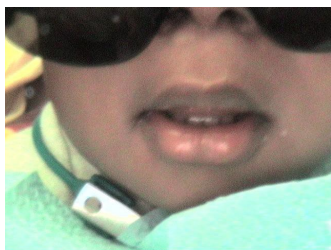
What is Fall for Smiles?

Fall for Smiles is a public messaging campaign conducted by Oral Health America in collaboration with Oral Healthcare Can't Wait, an initiative of the Dental Trade Alliance. The *Fall for Smiles* campaign is intended to bring the oral health community together to promote common messaging about what Americans can do to keep their mouths healthy.

The *Fall for Smiles* campaign message:

- Brushing and flossing teeth as part of a healthy routine
- Maintaining regular visits to the dentist
- Choosing healthy foods for a nutritious diet and healthy mouth
- Avoiding all tobacco products

"New Smile"



First Dental Visit!!!

News you can use

Dental Sealants

A sealant is a plastic material that is usually applied to the chewing surfaces of the back teeth—premolars and molars. This plastic resin bonds into the depressions and grooves (pits and fissures) of the chewing surfaces of back teeth. The sealant acts as a barrier, protecting enamel from plaque and acids.

How are sealants placed?

- The teeth that will be sealed are cleaned.
- The chewing surfaces are roughened with an acid solution to help the sealant adhere to the tooth.
- The sealant is “painted” onto the tooth enamel.
- A special light is used to help the sealant harden.



A sealant can last as long as 5 to 10 years. Sealants should be checked at your regular dental appointments and can be reapplied if they are no longer in place.



FALL FOR SMILES FACTS

Remember to brush your teeth twice a day for two minutes, and floss at least once, too

Visit your dentist for a checkup every 6 months

Make healthy food choices and pick snacks that are nutritious

Always avoid tobacco products

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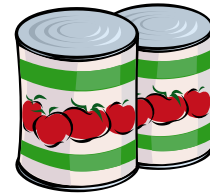


VACORA L. RAINEY DDS, PLC
Healthy Smiles for Life

Food Drive

The office will be sponsoring a food drive from October 11-November 19. Bring in 2 or more non-perishable items and receive a **\$10 credit** on your account. Use this to pay on a co-pay, pay down an account balance, get necessary treatment, or buy a new toothbrush!!

All food items will donated to
S.E.R.V.E.
(limit 1 credit per family)



From the Desk of Dr. Rainey



Dental-related illnesses cause children to lose over 51 million school hours, and adults to lose over 164 million work hours each year. This is why our office is participating with the "Fall for Smiles" campaign. Please include oral health in your fall routine (back to school, back to work etc..) We are also very excited about the food drive for S.E.R.V.E. Food donations were down by 50% during the summer months for this local non-profit. Unfortunately, the demand went up since the children were out of school. Please help us help them!!!

Dr. R

Start every day with a smile and get it over with.

W.C. Fields