



Virginia Dentist Posts New Blog in Effort to Educate Readers about Fluoride

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Haymarket, Virginia - Anyone visiting a Haymarket dentist is likely to hear about fluoride. Many people know that fluoride can be found in toothpaste and drinking water, but not everyone knows why dentists love fluoride so much.

Dr. Sina Reangber recently posted a blog on her website that explains the importance of fluoride and what makes it such an important part of oral hygiene. She believes that the more people know about fluoride, the more likely they are to make sure their teeth get enough of it.

The Haymarket dentist suggests that while many people visit the dentist looking to perfect their smile, it is also important that they understand what keeps teeth healthy. She hopes that her patients will have quicker and easier trips to her office if they follow the advice in her blogs.

In addition to discussing the benefits of fluoride, Dr. Reangber's latest post suggests treatment plans and products the reader can discuss with his or her dentist if they are concerned they are not getting enough fluoride.

For more information on fluoride or other oral care, visit the blog at Lifetime Smiles? website.

If it's time to learn more about oral hygiene or to schedule an appointment with a dentist in Haymarket, call Lifetime Smiles at (571)248-0700.

About Lifetime Smiles

Dr. Sina Reangber is recognized as one of the top dentists in Northern Virginia. She graduated with honors from Virginia Commonwealth University before obtaining her doctoral degree in dentistry from Howard University. In addition to providing impeccable dental services to her patients, she has been featured on the television show, Top Doctors ? A New Me Medical Interviews.

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