



Smile Trends Newsletter

Oral Cancer

Oral cancer is divided into two categories – those occurring in the oral cavity (lips, inside of your cheeks, teeth, gums, the front two-thirds of your tongue, and the floor/roof of your mouth) and those occurring in the oropharynx (middle region of the throat, including the tonsils and base of the tongue). Early detection may result in better treatment outcomes and may help keep you or someone you love from becoming one of the 10,030 people whose lives may be claimed this year by the disease. The 5-year survival rate of those diagnosed is about 60 percent.

So, what are the symptoms of oral cancer? It's important to be aware of the following signs and symptoms and to see us if they do not disappear after two weeks. Some symptoms include: a sore or irritation that doesn't go away, red or white patches, pain, tenderness or numbness in mouth or lips, a lump, thickening, rough spot, crust or small eroded area, difficulty chewing, swallowing, speaking or moving your tongue or jaw, or a change in the way your teeth fit together when you close your mouth.

Research has identified a number of factors that increase the risk of developing oral cancers. Men are twice more likely to get oral cancer than women. Smokers and excessive alcohol drinkers older than 50 are most at-risk. If you have had oral cancer before, you may be more likely to develop it again so keep up those regular visits.

5 Steps to Quit Smoking

1. Have a plan. Once you've made up your mind to quit, set a date and develop a plan.
2. Don't do it alone. It will be easier to quit with support from friends and family.
3. Stay busy. Replace your smoking habit with a healthy one like exercise or chewing gum.
4. Avoid smoking triggers. Stay away from places or things that tempt you to smoke.
5. Reward your accomplishments. Quitting is hard, so reward yourself for small successes!

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Technology Spotlight: The Florida Probe (VoiceWorks)

At our office, we like to stay up to date with the latest technology to make your experience a better one. We have recently attained the Florida Probe: VoiceWorks as a new addition to our office.

VoiceWorks is a lightweight headset that uses our hygienists' own voices. The hygienists can then use the probe and verbally transcribe your pocket depts., recession, bleeding points, mobility, and large restorations.

The Florida Probe: Voiceworks allows the hygienists to focus on patient education and keeps you actively engaged throughout the examination. It also offers a risk analysis that is custom to your medial history.

Keep an eye out at our office for this new instrument. It is a unique experience you won't want to miss.

The Florida Probe: VoiceWorks allows us to better understand the link between systemic health and oral health.

Did You Know?

Whitening Tips

- Always brush your teeth thoroughly prior to any whitening system.
- Always floss your teeth prior to any whitening system.
- Whitening may cause temporary sensitivity to cold temperatures, but will subside within a day or two after you complete whitening.

**Whitening gels will not penetrate through plaque build-up and debris. This is why it is so important to brush and floss first, prior to each whitening application.

Whitening: Getting that Brighter Smile

Summer is here. The days are getting longer. The weather is warmer. Vacations, graduations, weddings, and family reunions are all happening. How about a whiter smile for summer as well?

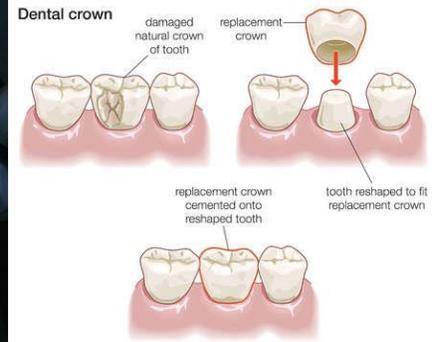
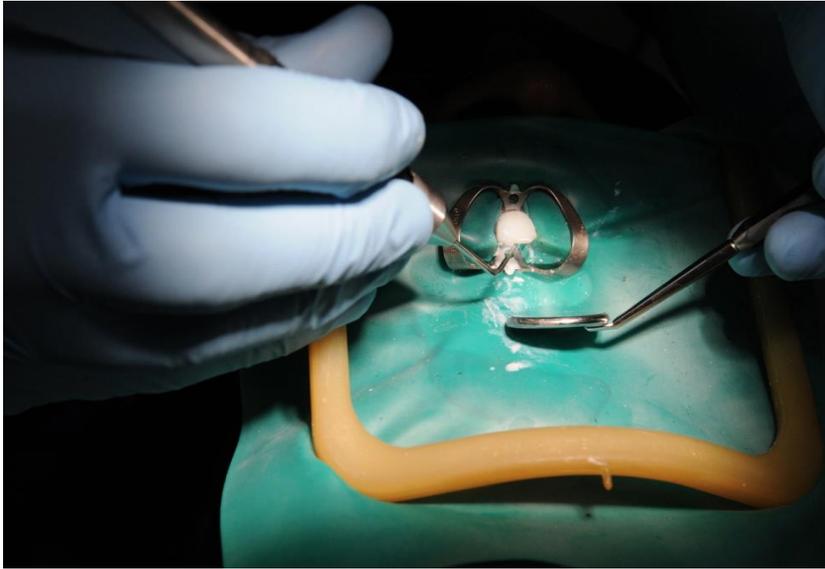
Teeth whitening is something that has been around for decades. It is ideal for people who have healthy, unrestored teeth and gums. Individuals with yellow tones to their teeth respond the best, but whitening is available for those with other types of stains as well. Each person's results may vary depending on compliance and type of stains, however, whitening is a cosmetic procedure that may not be recommended for everyone. If you have fillings, crowns, or bridges on front teeth you may not be a good candidate for whitening, as those restorations will not whiten.

In our office, we offer three different types of whitening. The GO Whitening is a simple, easy to use, whitening system with pre-fabricated trays, pre-loaded with whitening gel, able to fit almost anyone. This type of whitening is designed to work in just 15-60 minutes per day, consecutively. It is safe to use for teenagers through adults.

In addition, we offer the custom whitening trays. You will have impressions taken to make trays custom made to fit only your teeth. This system is done at home as well, however, you load the trays with whitening gel yourself, and can wear the trays from 2-4 hours per day.

Lastly, we have the in-office Zoom Whitening system. This system is designed for those that may want results in a hurry, or may not be as compliant to wear trays on their own at home. This whitening is done in our office over a span of about 2 hours. You will still get custom trays to touch up with this system.

Each whitening system obtains similar results. Contact us today to see if you are a candidate, and how quickly you can get started on the road to a whiter, brighter smile!



Final Restorations

After a root canal therapy has been completed, it will require some type of permanent restoration. Will it need a crown or a filling? Which is the best choice?

1. Your tooth may need strengthening. Many teeth that require root canals have already had some type of trauma (large cavity, fracture, etc.). A crown is the best way to prevent further damage.
2. A filling may be needed instead if a tooth has had a conservative access and no other history of significant tooth structure loss has occurred.

Either way, your temporary restoration is just that; temporary. Please restore promptly when told to do so in order to keep the tooth longer.

Root Canals: Saving What Matters

Did you know May 21-25 was Root Canal Awareness Week? It is a procedure heard of by many, but very few know what it really is.

Root canal treatments get a bad name, but what is a root canal? A root canal is a treatment of the pulp of the tooth that is inflamed, infected, or dead. When the root canal is treated, the dental pulp is removed and all the canals and pulp chamber of the tooth are filled and sealed to prevent bacteria from entering. There's no need to be worried if we recommend a root canal to treat a damaged or diseased tooth. Millions of teeth are treated and saved this way each year, relieving pain and making teeth healthy again.

Modern treatment is nothing like those old sayings! It's very similar to a routine filling and can usually be completed in one or two appointments, depending on the condition of your tooth. Getting a root canal is relatively painless and extremely effective. You'll be back to smiling, biting and chewing with ease in no time.

Why is a Root Canal Necessary?

There are many things that can damage the pulp or nerve of the tooth. Often you will feel pain or other symptoms that alert you to needing a root canal treatment, but many times there are no symptoms or warning. You may develop an abscess, or infection, that may or may not produce swelling or bleeding around the tooth, causing the need for a root canal. In other ways, a fracture, resorption, repeated dental procedures, or trauma could cause the tooth to die, thus resulting in the need for a root canal.

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Trivia Corner

The only bone in the human body not connected to another is the hyoid, a V-shaped bone located at the base of the tongue between the mandible and the voicebox. Its function is to support the tongue and its muscles.

Fourth page Funnies



Dentists on Holiday

A Letter from the Team

Welcome to summer! School is out. Vacations begin. Smiles are created and memories are made. We want to take the time to thank each of you for your continued trust in our office. We are thrilled to be providing each of you with the best care possible. If you know of a friend or family member in need of a dental home, please send them our way. For each referral we receive from you, we will enter your name in our quarterly drawing for our Fall Bundle Giveaway. You won't want to miss it! It runs from now until the end of August. We hope you have a great summer.

Dr. Gena and Team