

Main Street Dental Team

Compliments of Dr. Harvey Schwartz & Dr. Shirley Ho

News From the Office of:



Dr. Shirley Ho
Dr. Harvey E. Schwartz

As we reflect upon the past year and look forward to the new one, we should take a minute now to think about our personal health.

Our newsletter this month includes a reminder that, while many people don't realize it, a dentist's job extends well beyond teeth, into what is commonly referred to as the "mouth-body connection". For this reason, this issue includes articles on oral cancer, lip protection and diabetes. I hope you enjoy our newsletter, and are encouraged to call us if you need more information on any related topics.

Best wishes to you and your family from our dental team. May 2008 bring you health, happiness and success!

All the best,

Shirley Ho

Dr. Shirley Ho

Harvey Schwartz

Dr. Harvey Schwartz

Even More to Smile About!

"Look Ma, no cavities!"

That famous line from an old tooth-paste commercial certainly did the general population good, encouraging regular brushing and preventing dental decay. In fact, brushing one's teeth as a daily habit was actually a foreign concept until as late as after World War II, when soldiers brought the Army-enforced habit back home.



Today, we're better informed about dental hygiene, and the importance of visiting the dentist regularly in order to maintain our oral health. Are you aware of the many other smile improvements available in our office?

Your teeth may be cavity-free, but they may not be as white or even as you would like. And that's where we can help.

Our practice is about good oral hygiene, preventive procedures and so much more. In addition to the health of your teeth and gums, one of our goals is to enhance a patient's smile by creating the proper shape, color and harmony of all the teeth together.

SOME OF OUR SERVICES INCLUDE:

- **TEETH WHITENING:** A dentist-supervised, professional service for people looking for a safe and effective alternative to drugstore bleaching.
- **BONDING:** Using tooth-colored material, we can close spaces between teeth, even-out chips in teeth or even fill in small cavities.
- **CROWNS:** If you have a broken or worn-down tooth, one that has had large portions destroyed by tooth decay or a tooth that is weakened due to an excessively large filling, we may recommend a dental crown to cover the whole visible surface of the tooth, to become the tooth's new outer surface.
- **CONTOURING AND RESHAPING:** A single session is all that's usually needed to alter the length, shape or position of teeth that may need some subtle improvements.
- **REPLACEMENT OF MISSING TEETH:** We offer different options to fill the gap of a missing tooth.

Ask us about our many other in-office smile options too. We're concerned with "the whole package" when it comes to oral care, and that means good dental health and an attractive smile, to make you look, and feel better about yourself.

GEN

ORAL CANCER ALERT



As your dental professional, we're full of good reasons why you should visit the dentist on a regular basis. Preventing decay, maintaining good oral health and making sure your smile is as attractive as possible are all good incentives to visit us at least twice a year, but you probably don't give much thought to another serious reason to have your mouth checked regularly: oral cancer screenings.

According to the Oral Cancer Foundation, oral cancer – which includes mouth cancer, tongue cancer and throat cancer – is a serious worldwide concern, with approximately 37,000 new cases in 2007 diagnosed in North America alone.

You can lower your risk of oral cancer by refraining from tobacco products in any form, avoiding alcohol or drinking only in moderation, and using a lip balm that contains sunscreen to protect your lips from harmful UV rays. Awareness of the telltale signs of the disease is also important, so take a moment to familiarize yourself with these possible signs and symptoms of oral cancer:

- **Any ulcers or sores in the mouth that do not heal. Irritation or swelling of the lip or in the mouth, or a lump in the neck, lip, mouth, gums or tongue that lasts longer than two weeks.**
- **A white or red patch in the gums, tongue or lining of the mouth.**
- **A feeling that something is caught in the throat, or a sore throat that doesn't go away.**
- **Thickening in the cheek.**
- **Bleeding, or pain or numbness in the mouth. Difficulty or pain with chewing or swallowing.**
- **Loose teeth, or dentures that no longer fit due to swelling in the jaw.**

Oral cancers have an 80 to 90 percent cure rate if the cancer is found early. Unfortunately, the majority of oral cancer cases are discovered as late stage cancers, which accounts for the very high death rate of about 50 percent at five years from diagnosis. When you

apply this statistic to the one provided by the National Cancer Institute, that 1 in 98 people born today will be diagnosed with cancer of the oral cavity and pharynx during their lifetime, you can understand why we so strongly recommend regular dental checkups.

It's easy to dismiss a small lump or irritation in the mouth as a cold sore or a bite to the inside of your cheek. However, knowing now how critical early diagnosis is to long-term survival, if you have any doubts about suspicious spots or sores on your lips, tongue or anywhere in your mouth, please make sure that you call us for an appointment so we can examine it more closely. If we detect anything unusual, we will conduct further testing to ensure that you receive the appropriate care and follow-up.



Good oral care is about much more than just your teeth. If you haven't already made your next dental recare appointment, we encourage you to take care of it today.



HEALTHY, KISSABLE LIPS!

While many of us remember to apply sunscreen and lip balm for protection against the summer sun and drying heat, we sometimes forget, if we live or vacation in a place with cold, snowy conditions, that winter weather protection is also vital to healthy skin and lips.

Whether you're a constant cold-weather outdoor enthusiast or just like to take ski vacations occasionally, you should make a point of protecting your face against the winter elements, with sunscreen containing a high SPF rating. You may not think that you can get a sunburn when it's snowing, but being on the snow can actually intensify the effects of a sunburn, as the UV rays bounce off the snow and back up at you. You probably never realized you could get a sunburn from the ground up!

While you're slathering on the sunscreen, don't forget that your lips are also susceptible to sunburn. According to the Skin Cancer Foundation, your lower lip is one of the most common sites for squamous-cell carcinoma to set in. And frighteningly, the Oral Cancer Foundation claims that oral cancer is particularly dangerous because it has a high risk of producing second primary tumors. This means that patients who survive a first encounter with the disease have up to a 20 times higher risk of developing a second cancer.

Remember to pack a moisturizing lip balm with an SPF of 30 to protect your kissers throughout the day. Even after a long day of skiing or tobogganing, you'll want to re-apply some lip balm for the drive home, as UVA light can even do its damage through tinted car windows.

Protect your lips. Not only do they provide a beautiful frame for your teeth, they're an integral part of your complete smile package!



DENTAL TIPS FOR DIABETICS

If you're one of the millions of North Americans who suffer from diabetes, you need to pay special attention to your dental care, as you are especially susceptible to periodontal disease, which can lead to tooth loss.



Some people's first indications of diabetes may come from a regular dental care appointment, where the dental hygienist notices some sign of the disease, whether it be dry mouth, sore or loose teeth, burning mouth or tongue, chronic bad breath, gingivitis or gum disease. Bacteria thrive in the mouths of diabetics when there are high glucose levels present, and this increased level of bacteria, in conjunction with a patient's reduced ability to resist infection, can lead to an increased risk of gum disease.

As a diabetic, you need to be vigilant with your dental hygiene, ensuring that you floss daily, brush a minimum of twice a day with a soft toothbrush and visit the dentist for a professional examination and cleaning at least every four or six months. When you do come in for a re-care appointment, remember to eat beforehand in order to ensure your blood sugar is in the normal range. If you take insulin, your best choice for a dental appointment might be in the morning, after eating a normal breakfast.

It is vitally important for you to advise us if you are already aware that you have diabetes before embarking on any dental work, especially if you are scheduled for dental surgery.



TAKE IT EASY!



A toothbrush with firm bristles, coupled with vigorous brushing action, is ideal for scrubbing away the gunk around your bathroom sink faucets. When it comes to brushing your teeth, however, we respectfully suggest taking a lighter-handed approach.

The enamel that protects the outside of your teeth needs to be cleaned thoroughly, but gently. While enamel is a hard substance, it can only withstand so much abuse, and heavy-handed brushing is one way that some patients have actually worn down their tooth enamel. Once enamel wears away, either from abrasion or from erosion, bacteria have the means to invade your tooth structure and cause some real damage through dental decay.

If you're not sure which toothbrush is right for you, simply ask us for a recommendation. There are some excellent toothbrushes on the market these days that combine the soft bristles your gums and enamel will appreciate, with the type of tapered tips that work best to remove plaque from on and around your teeth. Electric toothbrushes can be another effective option. Give us a call – we'd be happy to explain the differences between them and which option would suit your needs best.



WE WELCOME YOUR FAMILY AND FRIENDS TOO!

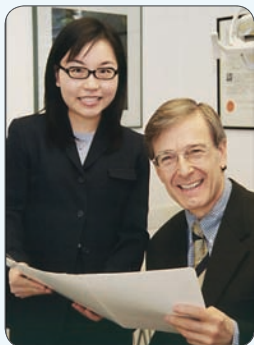
Referrals and word-of-mouth recommendations are our number one source of new patients. In fact, one of the best compliments we can receive from our clients is the referral of one of your friends, colleagues or family members. When you give us a good reference, we will ensure that the person you refer receives special attention and the finest service possible.

Our extensive dental training and experience allows us to understand and treat a wide range of oral health needs. From preventing dental disease to patient education and treatment using modern dental techniques and technology, we're your qualified smile provider!

Whether you're looking to maintain your healthy smile or to brighten it up with cosmetic options, we will be happy to give you all the information you need in order to make informed and confident decisions.

Thank you for your confidence in our services, and for sending your friends, family and colleagues our way!

Main Street Dental Team



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Our Services Include:

- General Dentistry
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