

Is There a Real Killer Lurking Behind Your Beautiful Smile?



By Dr. Walter R. Below, D.M.D.

Well dressed lips revealing beautiful white teeth reflect your health and how you take care of yourself. You need to look deeper than that, though, to make sure your health is really great. Don't let a real killer lurking behind your beautiful smile catch you unawares.

This article is Part of the "Your Mouth is Your Mirror" series by Dr. Walter Below.

The "real killer" we are talking about is currently killing one of us Americans every hour of ever day. If you would

prefer not to be its one-o-clock appointment, then read on.

These numbers are not good. Data show that 70% of diagnosed oral cancers were detected in what are called "late" stages. The five year survival rate for these late detections is less than 60%. You don't want to be on the wrong side of those odds.

There is good news. You can now be screened quickly and easily to avoid being on oral cancer's calendar. If detected early, oral cancer can be successfully managed 90% of the time.

You've learned that getting screened early can save your life. Cervical cancer deaths have been decreased by 75% thanks to you and other women getting PAP smears. Breast cancer deaths have decreased by 45% thanks to you and other women getting mammograms. Now we have a chance to save even more lives

using the same approach. Tell your friends; you could save their lives.

This particular killer, oral cancer, occurs mostly in people who use tobacco products, have high alcohol exposure, have been exposed to HPV virus, or are over the age of 40. Don't get too comfortable here, because full 25% of oral cancers occurred in folks with none of the risk factors listed above. Get screened.

Oral cancers can appear as red- or white-patched. They may appear as open sores that don't tend to heal. The high risk areas are the floor of the mouth, the lateral borders of the tongue, the soft palate and the lips.

At our practice, we have adopted a technique that improves seeing oral cancers by 60%. This technique uses a simple rinse and a special light to illuminate the membrane layer where cancers begin.

This light is then reflected back to the surface so that cancer cells can be easily identified. You can learn more about this technique at www.visualization.com.

Your mouth is your mirror. It reflects how you feel about yourself and your health. Oral cancer is a great reason to look a little deeper into your mirror.

It is not the only one. People with gum disease had a 36% higher risk for lung cancer, a 41% higher risk for kidney cancer, and a 54% higher risk for pancreatic cancer. Keep you mirror in great shape!

Educate your friends and your loved ones; get screened. Make your mouth a great reflection on you.

Dr. Below strives to stay ahead of the curve on new techniques and information to better serve his patients. He participates in over 100 hours of continuing education annually and has memberships in organizations like the American Academy of Cosmetic Dentistry focused on dentistry's future from a scientific and/or esthetic perspective.

Dr. Walter R. Below has practiced in Westlake for over 20 years, receiving his dental degree at the University of Louisville's School of Dentistry in 1981.

He is a Fellow in the Academy of General Dentistry, General Member of the American Academy of Cosmetic Dentistry, and member of the American Dental Society of Anesthesiology and American Association of Hospital Dentists.

He was a Clinical Instructor in the Department of Periodontics at Case Western Reserve Dental School and on medical staff of Lakewood Hospital.

We provide an expertise for creating smiles that are confident, aesthetic and individualized.

Our years of experience in aesthetic bonding, orthodontics/braces, permanent and removable, bridges, tooth whitening, restorations, root canals and other general dentistry services allows us to give personal and individualized care.



wellness • function • appearance

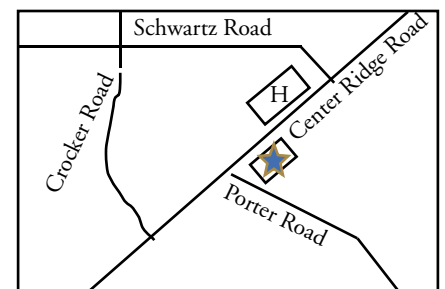


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