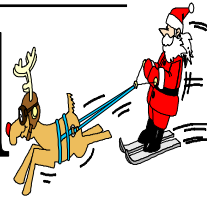




The Monthly Mouthful



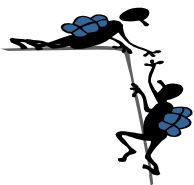
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215-634-7006

VERY SPECIAL THANKS!

THANKS AGAIN TO A GREAT GROUP OF FRIENDS WHO HAVE EXTENDED THEMSELVES AND RECOMMENDED OUR PRACTICE TO THEIR FAMILY AND FRIENDS. THANKS AND PLEASE KEEP IT UP. SOME OF YOUR FRIENDS NEED LOTS AND LOTS OF REMINDERS AND PUSHES TO CALL US THAT FIRST TIME.



TO ASSIST YOU IN YOUR EFFORTS TO REFER YOUR FAMILY AND FRIENDS WE ARE PRESENTLY OFFERING A NEW PATIENT SPECIAL. THIS INCLUDES A COMPLETE EXAMINATION, ALL NECESSARY X-RAYS, AND A CONSULTATION FOR ONLY \$69. THIS IS \$75 OFF THE USUAL FEE!

ANYONE INTERESTED SHOULD CALL OUR OFFICE AT 215-634-7006

The Doctor's Corner

As some of you may know, I regularly take continuing education courses covering topics in dentistry that I feel will continue to improve my skills and benefit you, the patient. So far, this year I have completed courses covering orthodontics, implant dentistry, substance abuse, mercury amalgam safety and hygiene for the dental team, the adverse effects of oral piercing, oral cancer detection, soft tissue management, new dental and medical technologies, and Lumineers® placement! In January, I am scheduled to complete yet another course covering complex cosmetic and restorative cases. By "restorative" we mean anything that would restore a tooth to form, function and beauty.

It may surprise you to know that Pennsylvania has only required dentists to take and report continuing education for a few years now, but I have been doing so every year since I left dental school. I believe this is a vital step in keeping my dental abilities and knowledge fresh and up-to-date.

Dentistry is a constantly

evolving profession. For example, I have been providing patients with Lumineers® for almost fifteen years now, but there have been new developments in the formulation of the porcelain that makes these incredibly strong veneers even stronger. For those of you not familiar with this type of veneer, it allows us to restore a smile in as little as two visits — often with no shots and no removal of painful tooth structure! We can straighten a crooked smile, close gaps, or even permanently whiten your teeth using thin porcelain shells that are bonded to your natural teeth.

I am always interested in hearing from my patients and learning what is of interest to you. When I see you at your next visit, please let me know if there is some service you would like me to provide (if I don't already). In the meantime, have a safe and enjoyable holiday. We'll look forward to seeing you soon!

Sincerely,
Dr. Walicki

Annual Update

Another year has gone by and in May 2010 we will be celebrating our 20th year of practice!

Many of you are still with us after all these years — for which I am very grateful — and, of course, our dental family continues to grow each week with new additions to the practice. Whether old or new, it has been a privilege being your dentist and I look forward to serving you in the best way I know how in the days ahead. Megan, Maria and Jenny are still part of our team and are also dedicated to providing you with friendly and helpful service.

Also new, is that we have made some investments in new technologies this year that will help with the early detection of oral cancer (read more on page 2). Likewise, patients requiring soft tissue surgery will benefit from a new technology that will promote faster healing with less discomfort. These should be available for use by early 2010.



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BRUXISM

Bruxism . . . hmmm Doesn't sound good. But just what the heck is it? About one in four patients are affected by it, and it is the underlying cause of many dental problems. The word "bruxism" comes from the Greek "brychein" meaning "to grind or gnash the opposing rows of upper and lower molar teeth." It usually occurs during sleep, which is one reason it is generally underdiagnosed. Unfortunately, the effects of this problem can be very severe. In the early stage it can appear as mild wear and chipping — commonly overlooked. More advanced signs are, unfortunately, severe wear, bone loss, non-restorable teeth, notches at the gum line, and TMJ problems. If caught early, teeth can be preserved and maintained before irreversible damage occurs. We check for bruxism at your cleaning visits. Call today for your appointment.

Oral Cancer

According to the American Cancer Society over 37,000 North Americans will have developed oral cancer in 2009.

- This number has been rising in recent years, while almost every other type of cancer is declining.
- One North American dies of oral cancer every hour of every day.
- Oral cancer attacks 3 times as many people as cervical cancer.
- A minimum of 25% of oral cancer victims *do not* fit the traditional profile of older male users of tobacco and alcohol, according to the Oral Cancer Foundation.
- In addition, an estimated 33% of oral cancer victims are female.
- Recent research (reported in the New England Journal of Medicine, May 10, 2007) has demonstrated a strong link between oral cancer and **HPV-16** and **HPV-18**. (viruses)
- HPV is mainly transmitted sexually.
- Therefore, it would appear that anyone who is at all sexually active is at risk for developing oral cancer through exposure to HPV.

According to the US Department of Health and Human Services, two-thirds of the time that oral cancer is detected, it is in the late stages.

- The bad news:
 - When discovered in late stages, the 5-year survival rate is only **22%**.
- The good news:
 - When discovered in early stages, the survival rate leaps to **80% or higher**.

Did you know that I examine you for oral cancer at your initial examination, as well as every time you come in for your bi-annual examinations? Why do I mention this? In today's difficult times, some people are trying to save money by cutting back on their personal health care. This is a dangerous trend and may be a factor in the rise of oral cancer mortality seen generally. Because of the aggressive nature of oral cancer, I recently added a new screening device (which we should have available by January 2010) that will assist me with early detection. All adults 18+ years should have an annual cancer exam. Learn more at ToothWiz.com.

The Monthly Mouthful Offer

It's that time of year again!

Between December 11, 2009 and January 15, 2010 we invite you to draw from our gift stocking for a chance to win one of several prizes, which may include:

- A regular cleaning and checkup.*
- An electric toothbrush.
- A 2, 5, or 8% discount on your next dental service*, and
- Other useful and fun prizes.

It's our way of saying thanks for your support.

Even if you are not scheduled for treatment now, feel free to stop by and draw for your free gift! We'd love to wish you a great holiday

(*Does not apply to CareCredit transactions.

Call Today!

215-634-7006



In This Issue . . . Bruxism—What is it?

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