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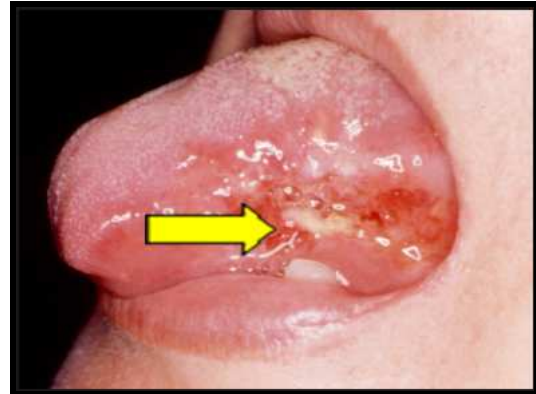
Did you know?

Ready or not, your dentist or hygienist, are about to get *really* personal with you. We've discussed oral cancer and the risk factors before: tobacco use, alcohol and family history. Now we're going to talk about something that may bring a blush to your cheeks – sexual activity.

Human papilloma virus, or HPV is proving to be a major risk factor in the occurrence of oral cancer. HPV is a common, sexually transmitted virus, which infects about 40 million Americans today. Of the 34,000 cases of oral cancer diagnosed each year, HPV is found in up to 50% of them. The risk profile for oral HPV includes anyone older than age 12 who is sexually active or who has had more than three sexual partners.

The human papilloma virus, particularly HPV16, has been definitively implicated in oral cancers, particularly those that occur in the back of the mouth. There are over 120 strains of HPV, most thought to be harmless. However, approximately 1% of those infected, have the HPV16 strain which is a primary cause in cervical cancer (with HPV18), cancers of other genitalia, and now is a known cause of oral cancer as well.

We will be introducing our patients, as indicated, to a new saliva test that detects HPV and specifically the presence of HPV-16 and HPV-18. The test is very simple, just a 30 second swish and gargle of a saline solution. You spit into a receptacle and away



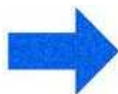
it goes to the OraDNA lab in Tennessee for diagnosis. Should the results indicate the presence of HPV, your dentist will suggest retesting in 6-12 months.

Your annual oral exam by your dentist and the periodic cleanings by your hygienist play a key roll in early detection of oral cancer. During these visits your entire mouth is inspected for suspicious lesions. If a lesion is detected we will use a Velscope which shines a light of a specific wave length onto the affected area. This type of light interacts with dysplastic tissue differently than normal tissue. If we see abnormal florescence of the tissue we will perform a brush biopsy of the area and send to the lab for diagnostics.

Our fee for the HPV test and analysis is \$125. If you are interested in more information, call our office or come see us at the Health & Fitness Expo on March 19th and 20th at the Alex Madonna Expo Center.

Oral Cancer Screening

FREE



March 19th and 20th
Alex Madonna Expo Center

Eating Disorders



A topic that isn't discussed much but is extremely harmful to oral health, is eating disorders. Bulimia Nervosa and Anorexia Nervosa are two eating disorders that cause serious affects to teeth. Often the mouth is the first part of the body to have symptoms resulting from the disorder, such as:

- * Bad breath
- * Highly sensitive teeth
- * Tenderness in the mouth, throat and salivary glands
- * Mouth sores
- * Dry, cracked lips
- * Dry mouth
- * Erosion of tooth enamel

When a person with bulimia purges, the powerful digestive acids that break down food come in contact with the teeth and wear away tooth enamel. It can also change the color, shape and length of teeth. Anorexia sufferers may experience weakening of the jawbone due to osteoporosis, which also weakens teeth and leads to tooth loss.

The more obvious side affects of these disorders is that the body becomes deprived of vitamins, minerals, proteins and other nutrients that are essential for maintaining good health. In the long run, lacking vitamins and other nutrients the body needs could lead to serious injuries affecting the major organs, muscles and bones.

When a person has made the decision to become healthy and has gotten professional help to overcome an eating disorder, a dentist can be the next step in rebuilding self-esteem. An open, honest flow of communication with your dentist can help you get on the right track to a healthy mouth and bright smile. Your dentist can restore your smile with crowns, composite or veneers, but only after a full recovery from the eating disorder has been accomplished.



Q: Is Dr. Ian married? A: No

Q: Is there a significant other? A: Yes



*"As soon as you feel too
old to do a thing, do it."*

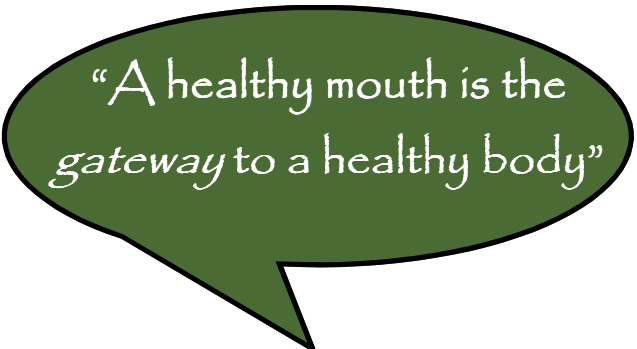
Margaret Deland

15 Easy Tips for a Healthy Mouth & Body

You can do it!:

1. Brush or rinse after eating these foods and beverages that stain teeth: coffee, tea, red wine, blueberries, dark sodas, cranberry juice, soy sauce and beets. Wait one hour to brush your teeth after consuming highly acidic food or drinks, like wine, coffee, citrus fruits, and soft drinks. Otherwise, you run the risk of wearing away the enamel on your teeth.
2. Limit sugary drinks, gum and candies. Sugar lowers the pH (acidity) level in the mouth and the bacteria that cause tooth decay thrive in that environment. Even dried fruit, eaten as a healthy snack, is full of fructose, which is sugar.
3. Drink sugary beverages through a straw.
4. Chew sugarless gum that contains xylitol after meals and snacks. This will help cleanse your mouth and prevent the bacteria associated with cavities from attaching to your teeth. Even better, gum will increase your saliva production and reduce bad breath!
5. Don't smoke. Smokers are more likely than non-smokers to have oral cancer, bad breath, tooth loss, recessed gums and facial wrinkling. And smoking is also a major cause of tooth discoloration.
6. Replace carbonated beverages, which cause enamel erosion and cavities, with water, milk, tea, or coffee.
7. Lose weight. One of the surprising benefits of losing excess pounds and getting more exercise in 2011 may be healthier teeth and gums. According the American Academy of Periodontology, research has found that subjects who maintained a healthy body weight and high levels of physical fitness had a lower incidence of severe periodontitis (gum disease).
8. Don't bite down on hard foods, like bones, rock-solid bagels or hard candies. Never use your teeth to crack hard nuts or to chew on ice cubes. Remember that teeth are for eating (and smiling) — not for chewing on pencils, opening packages or lifting off bottle caps.
9. Don't grind teeth. It's hard not to feel stress these days. During sleep, regular grinding, clenching or gnashing the upper and lower teeth can wear down teeth and also harm gums, bone and the jaw. A custom-made hard plastic night guard, fitted by your dentist and worn at night, will act as a protective device, taking pressure off teeth and keeping enamel from breaking down.
10. Tooth trauma is a constant danger during contact sports and many recreational activities. The very real potential for tooth injury is almost always present, from basketball, racquetball, roller and ice skating to volleyball, football, baseball, roller blading and bicycling. By absorbing much of the force of contact, mouth guards offer essential protection during all these activities. According to the American Dental Association, an athlete is 60 times more likely to suffer harm to the teeth when not wearing a mouth guard.
11. Auto accidents are one of the leading causes of tooth injuries. To protect teeth from being fractured, chipped, broken - or lost, always wear seatbelts in cars - and especially in the rear seats of taxis, where hitting the partition during an accident or even a sudden stop can cause disfiguring facial damage.
12. Brushing the tongue with a toothbrush, tongue brush or tongue scraper, eliminates many of the bacteria that cause tooth decay. Plaque and food debris allowed to stagnate on the back of the tongue are the leading cause of halitosis. Removing them with a toothbrush or tongue brush is more effective than most mouthwashes in preventing bad breath.
13. **Floss** every day. It's the single **most important** factor in preventing gum disease, which affects more than 50% of adults. Spend two to three minutes flossing at least once a day.
14. Brush your teeth for at least two to three minutes twice daily.
15. Change your toothbrush or toothbrush head (if you're using an electric toothbrush) before the bristles become splayed and frayed, or every three to four months.

More than 90% of all systemic diseases have oral manifestations.



“A healthy mouth is the gateway to a healthy body”

The gang at LM&M



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 WEB SITE- WWW.SLOSMILES.COM
 BLOG- WWW.SLOSMILESINFO.COM

The Art of Dentistry

Mission Statement

Our mission is to deliver quality, comfortable dental care to you, our patient. We are committed to treating you in a respectful compassionate, and timely fashion. We will strive daily to educate you on the importance of your oral health and its implications as it relates to your body as a whole. Our goal is that when you leave our office, you will feel good about your dental experience.

JOINING THE ELECTRONIC AGE

We are pleased to announce that we have begun to send our newsletter electronically. If you haven't done so yet, please visit our web site and go to the "contact us" page where you can send us an e-mail with your e-mail address.

AND...

Believe it or not, we are blogging and tweeting too! Who ever would have guessed? Please visit and/or follow us at:

www.slosmiles.com (web site)
www.slosmilesinfo.com (blog)

From our blog site you can join us on Twitter by clicking the blue T icon and follow the directions.

All Under One Roof

Leopold, Murphy and Main DDS is much more than your General Dentist. We offer the following services and home care products:

- Cosmetic Dentistry
- Digital X-Rays
- Endodontics
- Invisalign
- Implants
- Laser Surgery
- Night Guards
- Oral Cancer Screening
- Oral Sedation
- OralDNA Lab Tests

- Periodontal Maintenance
- Sealants– Children & Adults
- Sulcular (Gum) Laser Decontamination
- Veneers
- Whitening

Home care products:

- Oral-B Triumph
- Oxyfresh 3000 and Waterpik Ultra Oral Irrigators
- Oxyfresh Toothpaste, Rinse and Soothing Gel

- Thieves Toothpaste and Mouthwash
- TheraSol
- MI Paste and Dry Mouth Gel
- Bleach Refill Kits
- Cold and Canker sore medication
- CariFree Treatment & Maintenance Kits

