

# JAMES B NELSON

ADVANCED SMILE DESIGN

It is now easier than ever to detect oral cancer early, when the opportunity for a cure is great. Know the signs and see your dentist regularly.

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## REGULAR DENTAL CHECKUPS COULD SAVE YOUR LIFE.

Oral cancer screening is a routine part of a [dental](#) examination. Regular check-ups, including an examination of the entire mouth, are essential in the early detection of cancerous and pre-cancerous conditions. You may have a very small, but dangerous, oral spot or sore and not be aware of it.

Your dentist will carefully examine the inside of your mouth and tongue and in some patients may notice a flat, painless, white or red spot or a small sore. Although most of these are harmless, some are not. Harmful oral spots or sores often look identical to those that are harmless, but testing can tell them apart. If you have a sore with a likely cause, your dentist may treat it and ask you to return for re-examination.

[Dentists](#) often will notice a spot or sore that looks harmless and does not have a clear cause. To ensure that a spot or sore is not dangerous, your dentist may choose to perform a simple test, such as a brush test. A brush test collects cells from a suspicious lesion in the mouth. The cells are sent to a laboratory for analysis. If precancerous cells are found, the lesion can be surgically removed if necessary during a separate procedure. It's important to know that all atypical and positive results from a brush test must be confirmed by incisional biopsy and histology.



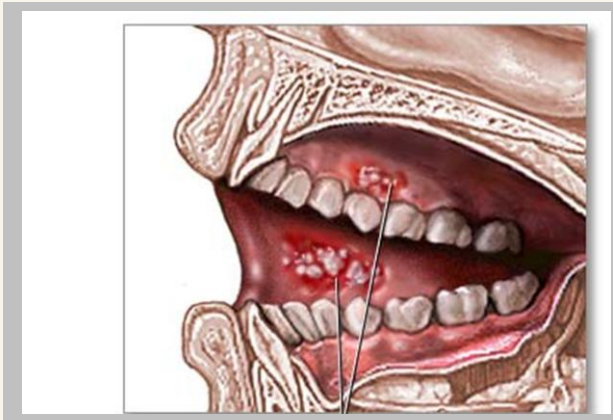
### Ernie Kirchner, Dr. Nelson's Patient Oral Cancer Survivor, Salem, Oregon

"In 1997 I was in for my regular dental checkup at Dr. Nelson's office and I heard those dreaded words; you have a small white spot that we should check out. I underwent surgery for Oral Cancer for the second time in 12 years. Today, I am happy to report, I am cancer free, healthy and doing great!"



My advice: "Don't skip those regular dental checkups no matter how busy you are; and live every day to the fullest"

According to the American Dental Association over 35,000 cases of oral cancer are diagnosed every year.



### COMMON SIGNS AND SYMPTOMS INCLUDE.

- A red or white patch
- A sore that bleeds easily or doesn't heal
- A thick or hard spot or a lump
- Difficulty Swallowing
- Earache
- A change in the way your teeth fit together. This includes your denture no longer fitting correctly.

Anyone with these symptoms should see a doctor or dentist so that any problem can be diagnosed and treated as early as possible. Most often these symptoms do not mean cancer. An infection or other can cause the same symptoms.

### PREVENTION AND DETECTION ARE KEY TO TREATMENT SUCCESSFUL TREATMENT.

- Although the use of tobacco and alcohol are risk factors in developing oral cancer, approximately 25% of oral cancer patients have no known risk factors.<sup>6, 7</sup>
- There has been a nearly five-fold increase in incidence in oral cancer patients under age 40, many with no known risk factors.<sup>8, 9, 10, 11</sup>
- The incidence of oral cancer in women has increased significantly, largely due to an increase in women smoking. In 1950 the male to female ratio was 6:1; by 2002, it was 2:1.
- According to the American Dental Association over 35,000 cases of oral cancer are diagnosed every year.
- Your dentist has the skills and tools to ensure that early signs of cancer and pre-cancerous conditions are identified. You and your dentist play a key role in the fight against oral cancer.