

## Summer 2010

### Hello to all friends of our practice!

We wish you a happy and healthy summer and would like to take a moment to express our appreciation for allowing us the opportunity to serve you and welcome you to our first **e-newsletter!**

As part of our ongoing effort to be environmentally-friendly, we are increasing the availability of our practice online. In addition to the information available on our website, you **may** now visit Dr. Oppenlander's Office page on **Facebook!**

Join us for special offers, updates, and oral health information at <http://www.facebook.com/pages/Portage-MI/Dr-Oppenlanders-Office/115095645177374>.

Also, please let us know if you would prefer to be contacted via email for appointment scheduling and verifications. We will continue to keep you informed about the latest technology and advances in oral health care as we incorporate them into our practice.

As you know, Dr. Oppenlander has included an oral cancer screening in all preventive maintenance appointments for several years, making our office one of the first to offer the additional examination. What you **may** not know is that oral cancer is the sixth most common cancer worldwide. The disease will be newly diagnosed in about 100 new individuals each day in the US alone, and a person dies from oral cancer every hour of every day. When found early, oral cancers have an 80-90% survival rate. Dr. Oppenlander and our clinical team would like you to be aware of the dangers of oral cancer, as well as how to help prevent it:

- Regular preventive dental appointments, including an examination of the entire mouth, are essential in the early detection of cancerous and pre-cancerous conditions.
- The best way to prevent oral cancer is to avoid tobacco and alcohol use.
- Many types of abnormal cells can develop in the oral cavity in the form of red or white spots. Some are harmless and benign, some are cancerous and others are pre-cancerous, meaning they can develop into cancer if not detected early and removed.
- Cheek and lip biting habits as well as ill-fitting dentures also heighten the risk of developing oral cancer.

We are now offering additional screening procedures with the ViziLite identification system. The ViziLite is a painless instrument that provides a special light source to improve the visibility of abnormalities, allowing Dr. Oppenlander to identify and diagnose areas that could be precancerous or cancerous. We encourage you to call or email our office with any questions or concerns about oral cancer and the ViziLite examination.

You **may** have noticed that our hygiene department has made their business cards available to all patients. Patti and Donna are wonderful sources for any questions about your family's at-home dental care, even if we do not currently treat everyone in your

family. We would love the opportunity to meet additional family members, friends and co-workers of our wonderful patients, please feel free to pass on our business cards. We will accommodate our schedule to meet anyone referred by a current patient, and Dr. Oppenlander is also available as an experienced reference point or a source for a second opinion. Please invite them to call our office at (269)327-9332, send emails to [info@MichiganAdvancedDentistry.com](mailto:info@MichiganAdvancedDentistry.com), or visit our website, which is [www.MichiganAdvancedDentistry.com](http://www.MichiganAdvancedDentistry.com).

Taking a trip this summer? Don't forget to stop by and pick up a toothbrush and travel-sized toothpaste and floss for you vacation! We wish you safe and fun travels.

Also, don't forget to pack your athletic mouth guard for all sporting events you participate in. Professionally customized mouth guards protect the teeth from trauma or loss and prevent jaw fractures, neck injuries and concussions. Two short appointments allow our office to take impressions and fit patients for a customized mouth guards.

We look forward to seeing you soon!

Sincerely Yours for Better Health,

**Dr. Oppenlander, Patti, Donna, Jamie, Michelle, Emily and Lauren**