

## Protect your Smile

An outdoor soccer game, a dip in the pool, or a stroll on the beach, with summertime comes an increase in outdoor activities. As the amount of beautiful weather increases so does your chance for skin cancer.

Dr. Gielincki is trained to detect the signs of oral cancers in their earliest stages. It takes a minute to do a screening, but it can save a lifetime. Oral cancer can kill. That's why our dental patients receive an oral cancer exam at their annual exam. Classified as a skin cancer, lip cancer is included in this examination.



Ironically, although the lip cancer cure rate is over 90%, it can be mistaken for a cold sore and can go undiagnosed. Most lip and oral cavity cancers start in squamous cells, the thin, flat cells that line the lips and oral cavity. These are called squamous cell carcinomas. Cancer cells may spread into deeper tissue as the cancer grows. Squamous cell carcinoma usually develops in areas of leukoplakia (white patches of cells that do not rub off). Commonly found in those who work or play in sunlight for great lengths of time. It's more likely to occur in people who are light skinned. Regular dental check ups are important, as are regular self examinations. Call Dr. Gielincki if you notice any warning signs.

How to examine your mouth and things to look for:

- Stand up or sit closely in front of a mirror.
- Pull lips back. Carefully check your gums.
- Check your tongue (all sides and underneath) and the insides of your cheeks.
- Look for a sore on the lip or in the mouth that does not heal.
- A lump or thickening on the lips, gums. or in the mouth.
- A white or red patch on the gums, tongue, tonsils, or lining of the mouth.
- Bleeding, pain, or numbness in the lip or mouth.

### Inside this issue:

Protect your Smile: Lip Cancer 1,2

What our Patients are Saying 2,3

Dental Fun Facts 3

Live Your Best Life 4

Office Updates 4

## Protect your Smile (continued)

- Change in voice.
- Loose teeth or dentures that no longer fit well.
- Trouble chewing or swallowing or moving the tongue or jaw.
- Swelling of jaw.
- Sore throat or feeling that something is caught in the throat.

Check your sun IQ: [American Cancer Sun Safety Quiz](#)

Post links to:

[The American Cancer Society](#)

[National Cancer Institute](#)

[Oral Cancer Foundation](#)

### What our patients are saying

For years I had been hiding my smile. I always wanted a bright smile I could be proud of but years of neglect had taken their toll. I started by just trying to whiten my smile at the stand they had set up in the center of the mall. I thought after 30 minutes I would look like a movie star. Well, much to my surprise I needed more than 30 minutes. I solicited the help of my general dentist and he referred me to a specialist, Dr. William Gielincki, for an evaluation. My first appointment took 60 minutes, and I felt like Dr. Gielincki really got to know me and listened to my concerns.



**Pre-Treatment**



**Orthodontic treatment**



Exactly one week later I saw Dr. Gielincki again to hear what his treatment recommendations were and was I excited! I was anxious to begin with the mentality that the sooner we get started, the sooner I could smile. I was shocked to hear Dr. Gielincki wanted me to see another doctor for braces because my problems were much bigger than yellow teeth. I had malpositioned teeth, compromised posterior support (no back teeth to chew on because I had worn them down), and severe attrition. These were all big problems. Dr. Gielincki took time to explain his findings so that I could fully understand the scope of what really needed to be done to create the smile I wanted. Dr. Gielincki explained to me that the Orthodontic therapy was necessary to properly align my teeth for the best occlusion (bite) before we begin

restoring my smile. As a 44 year-old man I didn't want to go anywhere near braces at first. Apprehensive, I visited the orthodontist's office and realized that proper alignment of my teeth was vital to the restoration of my teeth, just like Dr. Gielincki said.

Continued next page.

## What our patients are saying (continued)

I started orthodontic therapy immediately and remained in braces for approximately 1 ½ years. For the first time in my life my teeth were properly aligned. Upon finalization of my orthodontic treatment I saw Dr. Gielincki for him to check the spacing of my teeth. He completed a diagnostic wax up ensure my teeth would be the proper shape, size, and form. Then the final restorations were fabricated. I was finished 3 months later.

I wish I had done this years ago. It's a long process but I would highly recommend it. I did not let cost get in the way. We always find ways to buy houses and cars. So I found a way to restore my smile. I am so happy I spent the money on my mouth. It has made a world of difference in my life. The confidence it has given me when I am greeting people has been worth every penny.

It has been 3 ½ years since I finished treatment at Dr. Gielincki's office and I haven't had any problems. The only maintenance Dr. Gielincki recommended was preventative maintenance (i.e. regular cleaning and exams).



Before Treatment



After Treatment

## Fun Dental Facts

- 50% of people consider the smile the first facial feature they notice.
- 32% of Americans cite bad breath as the least attractive trait of their co-workers.
- Like fingerprints, everyone's tongue print is different.
- The average woman smiles approximately 62 times a day, while a man only smiles 8 times.
- Smilers in school yearbooks are more likely to have successful careers and marriages than poker-faced peers.
- Americans spend \$50 billion on dentistry, \$50 billion on pet food, \$100 billion on hair care, and \$300 billion on legal gambling annually.
- Children laugh around 400 times a day and adults only 15.
- Many adults are unaware that they are still candidates for braces and an improved smile at any age!
- From the distance of a football field, the only facial characteristic we can notice is a person's smile.
- Studies show that an unattractive smile can hurt a person's chances for career success.

# Live your Best Life

Part of living your best life includes having the self-confidence and assurance that comes with having a healthy and beautiful smile.

Smiling improves your life, your health, your mood and your appearance. It's more than just your teeth, it's an expression of who you are and how you feel.

Smiling sends a message to your body that you are happy and in a good mood. When you smile you feel better. You feel happier and more positive. You feel more like doing something. You have a more positive attitude. Smiling is a mood elevator.

When you smile you feel more relaxed, positive and focused. You are more alert and aware of the present. It is like happy mindfulness stress relief, allowing you to live more in the moment and enjoy what it is you are doing right now.

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People who show off their beautiful smiles seem proud and confident. Smiling people are more likely to be hired, promoted, approached, and liked.

Let Dr. Gielincki help you achieve your best. Make your smile the one you have always dreamed of, and reach for the stars!

## Office Update

- Kristin Nivens has returned from maternity leave and we are proud to announce that on December 21, 2009 she had a 9 lb. 2 oz. baby boy named Michael Cullen Nivens.
- Emily Howard our business assistant is engaged to married. She will be getting married on October 2, 2010.
- Carol Lewis our hygienist is still running! She is currently training for the Maui half marathon in September 2010.
- We have a new laboratory assistant Brenda George. She has been a dental assistant for 13 years and recently moved to Jacksonville from Buffalo, New York.