

### Our Office

87 State Route 39  
New Fairfield,  
CT 06812  
Phone: (203) 746-1200  
Fax: (203) 746-2315  
www.mycandlewooddental.com

### Office hours:

Mon: 9:00am - 8:00pm  
Tue: 11:00am - 8:00pm  
Wed: 9:00am - 8:00pm

### Find Us...



## April is Oral Cancer Awareness Month Spread Awareness - Save Lives!

Sometimes it pays to keep your mouth shut, but not when it comes to Oral Cancer Awareness Month. Are you unsure of what oral cancer-preventing habits to incorporate into your daily routine? Never fear, advice is here.

**Eat foods that contain antioxidants.** Vitamins C and E have antioxidant properties. It is believed that they work by preventing damage at the DNA level, according to the Oral Cancer Foundation. Other foods that contain antioxidants include:

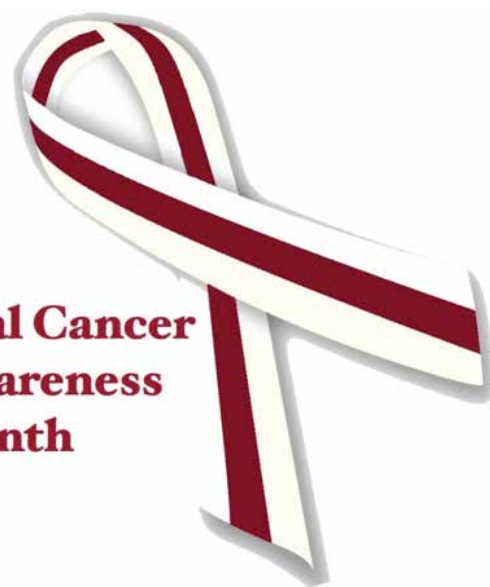
- Strawberries
- Blueberries
- Raspberries
- Walnuts
- Pinto beans
- Prunes
- Cloves

**Avoid risks.** This means steering clear of tobacco products and limiting your alcohol intake.

**Maintain a good oral care regimen at home.** Professional teeth cleanings can only go so far to keep your mouth healthy. You're on the front line, so you must have a good home care routine. Brush and floss your teeth daily. Keep an eye out for discolored spots or sores in and around your mouth that don't seem to heal. When in doubt, schedule an appointment with your dentist and have suspicious areas looked at.

**Exercise regularly.** An active lifestyle helps boost your immune system, and that's good for warding off all kinds of ailments.

When was your last oral cancer screening? If it's been a while, please call us for an appointment. Screening is easy, and it could save your life.



**Oral Cancer  
Awareness  
Month**

## Brush Up on Dental History:

Primitive mouthguards made of cotton, sponge or wood first appeared at the turn of the 20th century in the sport of boxing.

## Tips from the Tooth Fairy

Floss every day to removing harmful bacteria that can cause plaque; be sure to gently run floss beneath the gumline around the base of each tooth.

# Oral Cancer Can Be Caused by HPV

Oral and pharyngeal cancers (OPC) are a very real danger with more than 35,000 new cases diagnosed every year.

These cancers occur in the tongue, oral cavity, lip, tonsils, floor of mouth and tonsils. In many cases they are present with few symptoms and without pain. Some signs and symptoms of OPC include:

- Persistent sore throat
- Constant coughing
- Earaches
- Hoarseness
- Enlarged lymph nodes
- Difficulty or pain while swallowing
- An ulcer or sore that doesn't heal in 2-3 weeks
- Discolored mouth tissue
- Swollen tonsil
- Lump at the back of the throat, mouth or neck
- Unexplained weight loss



Any of these symptoms that last longer than 2-3 weeks may be a sign of OPC. But what's really troubling is that many individuals experience minimal or no symptoms at all. Because of this, there is often a delay in diagnosis which means that, when found, more aggressive treatment is needed.

Tobacco use of any kind, heavy alcohol use and excessive sun exposure to the lips are all factors that increase your risk of OPC. Another risk factor is a virus called human papillomavirus or HPV.

## HPV and Oral Cancer

HPV is the most common STD infection in the U.S. When found in the mouth, it is called oral HPV. Many individuals are infected with HPV which changes normal cells to abnormal, but often the body's immune system fights off the infection and the cells return to normal. However, if this doesn't happen, cancer can form, sometimes many years after the initial HPV infection. Each year 8,400 people in the U.S. are diagnosed with OPC caused by HPV. Men are 3 times more likely to be infected with HPV than women.

You may have read about HPV vaccines created to prevent cervical and other genital cancers. Unfortunately, more research is needed to verify that these vaccines will prevent oral cancers. Once you have the virus, there is currently no cure.

Early detection is key to better survival rates. If you feel that you or a family member has symptoms of OPC, call us right away for a visual and tactile examination along with a review of your medical history.

We will also use VELscope technology for early detection of cancer cells. This implement uses a blue light to excite the abnormal cells and make them visible. We recommend annual oral cancer screenings for all adults beginning at age 18.

## Why Are Dental X-Rays Necessary?

Radiographs, or dental X-rays, are a critical component in diagnosing dental problems and disease.

Radiographs provide valuable information to the dentist that may not be otherwise accessible based on a visual examination alone. Because X-rays show the tip of tooth roots and the bone underneath, they can reveal decay between the teeth and under restorations; cracks and other damage; periodontal disease; abscesses, infections or cysts; and developmental abnormalities.

Importantly, radiographs have the ability to reveal conditions at an early enough stage for the situation to be addressed, treated and/or cured.

We recommend regular X-rays at a frequency based on the patient's overall health/oral condition, cavity risk, status of gum and bone health and any signs of oral disease such as inflammation, pain or bleeding. If you are a new patient, we advise taking a full series of X-rays to assess the status of your teeth and gums and to establish a baseline going forward.

A few patients are concerned about the radiation received during radiographs. Don't worry: dental radiographs are designed to minimize radiation. Rest assured that dental X-rays contribute to only less than 1% of the total dose of exposure in medical settings. In fact the amount of radiation received during dental X-rays is a tiny fraction of everyday natural background radiation and less than you'd receive during a 5-hour airplane flight.



## Recipe of the Month

### Spring Vegetable Penne with Lemon-Cream Sauce

#### Ingredients

- 1 tablespoon extra-virgin olive oil
- 3/4 cup chopped Vidalia or other sweet onion
- 1 (4-ounce) package presliced mushrooms
- 1 teaspoon chopped fresh thyme
- 1 garlic clove, minced
- 1 tablespoon all-purpose flour
- 1/2 cup fat-free, lower-sodium chicken broth
- 1/2 cup half-and-half
- 3/4 cup frozen green peas
- 3 tablespoons shaved Parmesan cheese, divided
- 1/2 teaspoon grated lemon rind
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 8 ounces uncooked penne
- 1 pound (1-inch) diagonally cut asparagus



#### Preparation

1. Heat a large skillet over medium-high heat. Add oil; swirl to coat. Add onion and mushrooms; sauté 5 minutes or until tender. Add thyme and garlic; sauté 1 minute. Sprinkle mushroom mixture evenly with flour; cook 30 seconds, stirring constantly. Stir in broth and half-and-half; cook 2 minutes or until slightly thickened. Add peas, 2 tablespoons cheese, rind, and next 3 ingredients (through pepper); cook 1 minute or until peas are thoroughly heated.
2. Cook pasta according to package directions, omitting salt and fat. During the last 3 minutes of cooking, add asparagus to pan; drain. Add pasta mixture to mushroom mixture; toss gently to coat. Sprinkle with remaining 1 tablespoon cheese.

*Recipe courtesy of myrecipes.com*

## *What's Happening around New Fairfield*

### **April 29**

Say Goodnight Gracie  
Ridgefield Playhouse  
Ridgefield

### **May 1**

A World of Quilts XXXVII  
WestConn Westside Campus  
Danbury

### **May 3**

Zappa Plays Zappa  
Ridgefield Playhouse  
Ridgefield

### **May 4**

NY Style Salsa Class  
Ridgefield Playhouse  
Ridgefield

### **May 6**

Chase Rice Concert  
Ives Concert Park  
Danbury

### **May 7**

Kids Festival  
Ballard Park  
Ridgefield

### **May 8**

Run Like a Mother 5K  
90 Prospect Street  
Ridgefield

### **May 14-15**

St. Gregory's May Days  
Country Fair  
St. Gregory Church  
Danbury

### **June 4**

Relay for Life  
New Fairfield High School



87 State Route 39  
New Fairfield,  
Connecticut 06812  
Phone: (203) 746-1200  
Fax: (203) 746-2315

## **Meet our Doctor**



**Dr. Lorraine Burio**