

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...



CANDLEWOOD DENTAL CARE

Candlewood Dental Care is pleased to announce the winners of our 2 Spring Contests!

The **Spring Celebration Dinner** winner is Julianne M. She received a \$100 gift card.

The winner of our **Jelly Bean Raffle** for the kids is Sophia C. The actual number of jelly beans in the jar was 385 and her guess was 353. Sophia received a \$25 gift card to **Toys R Us**.

Congratulations to our Spring Contest Winners!



Screening for Oral Cancer: An Important Part of Dental Check-Ups

It's a cancer that you don't hear about often, yet in the U.S. almost 50,000 people are diagnosed with oral cancer each year. Even worse, one person dies from this disease every hour of every day. Do the math – that adds up to 8,700 deaths every year from oral cancer.

What Is Oral Cancer?

Oral cancer includes cancers of the tongue, lips, cheeks, soft and hard palate, floor of the mouth, pharynx and sinuses. If not caught early, these cancers can be life-threatening.

Are you at risk for oral cancer? Men have twice the risk of developing oral cancer as women, especially men over age 50.



.....continued on page 2

....continued from page 1 **Screening for Oral Cancer....**

Other risk factors include:

- Smoking and smokeless tobacco
- Excessive consumption of alcohol
- Family history of cancer
- Excessive sun exposure
- HPV (human papillomavirus)

Symptoms of oral cancer vary widely and can include:

- Unusual appearances in the lips and mouth such as swellings, bumps, eroded areas, rough spots or crusts
- White, red or speckled patches in the mouth that have a velvety texture
- Unexplained mouth bleeding
- Difficulty swallowing, chewing, speaking or moving the tongue or jaw
- Throat soreness or the feeling that something is caught back in the throat
- Hoarseness or change in voice
- Unexplained numbness or tenderness in the mouth, face or neck
- Persistent sores that bleed easily on face or neck or in the mouth

Screening for Oral Cancer

Checking for any signs of oral cancer is an important part of a routine dental exam. At our office we do a careful visual screening, looking for any abnormality that may be a sign of oral cancer. We'll examine your lips, the inside of your mouth, your gums, the inside of your cheeks and both top and underneath your tongue.

Then we'll go one step further. We use state-of-the-art technology that scans for oral cancer even **before** it is visible.

VELscope® technology uses a harmless blue light that can detect any tissue changes including those that appear abnormal such as those associated with oral cancer.

This easy and painless exam takes only about two minutes! It's a simple and effective screening tool that can help identify any questionable tissue well before any oral cancer signs may be visible.

You can help prevent oral cancer by quitting smoking and stopping any use of other tobacco products. Enjoy alcohol only in moderation and limit your exposure to the sun. Always use UV-A/B sun blocks to protect your lips.

Please call us for a dental cleaning and examination appointment, especially if it's been a while since you have seen a dentist. It's an essential component of good oral health care, along with brushing and flossing your teeth.

Tobacco Products: Dangerous for your Oral Health

Smoking and using smokeless tobacco products like chewing tobacco not only put you at risk of oral cancers, but they can also lead to periodontal or gum disease and delayed healing after oral surgery or tooth extraction – not to mention unattractively stained teeth and bad breath!

Tobacco use limits your mouth's ability to fight off infection so plaque-making bacteria can flourish. This leads to tooth damage and loss. Your body's auto-immune defenses are weakened, and because tobacco also impedes the blood circulation in your mouth, it's hard to fight tartar build-up and infection.

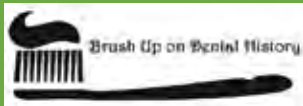
Smokeless Tobacco Products Are Just as Harmful

Let's face it – there is no safe level of tobacco use! Although there is some evidence that smokeless tobacco may be less dangerous than cigarette smoking, long-term use of these products can cause serious health problems.

All forms of tobacco contain about 30 cancer-causing substances. Even if you are not drawing smoke into your lungs, you are exposing your lips, oral cavity, pharynx and esophagus to these dangerous substances. Some chewing tobaccos contain sugar which is always bad for the teeth.



Brush Up on Dental History:



The earliest known case of gum disease was observed in a 4,500-year old male mummy from Egypt's Deir el-Bersha necropolis.

...continued from page 2 **Tobacco Products: Dangerous for your Oral....**

Smokeless tobacco products include:

- Chewing tobacco
- Snuff
- Dip (moist snuff)
- Snus (a pouch of moist snuff)
- Dissolvable tobacco in the form of sticks, strips and lozenges

If you use tobacco in any form, it's best for your health to kick the habit. It won't be easy, but ask for help from your family and friends. Talk to your doctor about various methods to help you quit including nicotine replacement therapy.

Recipe of the Month **Grilled Pear–Cheddar Pockets**

Crunchy pear, sharp cheddar, and peppery arugula come together for a delicious and healthy sandwich.

Ingredients

- 2 teaspoons Dijon–style mustard
- ½ of a whole grain pocket thin flatbread
- 2 slices ultra–thin sharp or mild cheddar cheese
- ¼ cup arugula
- 1/3 of a medium red pear, cored and cut into ¼–inch–thick slices



Directions

1. Preheat a small covered indoor electric grill.* Spread mustard over the interior surfaces of the pocket thin flatbread half. Arrange the cheese slices in the pocket, folding to fit. Add arugula and pear slices.
2. Place the flatbread half on the preheated grill and close.* Grill about 1 ½ minutes or until lightly toasted.

Tip

* If you do not have a covered indoor electric grill, place filled pocket in a preheated nonstick skillet and cook 2 to 4 minutes or until lightly toasted, turning pocket once.

Help Us Grow

FOLLOW US on [Twitter](#)
LIKE US on [Facebook](#)
CHECK OUT our weekly [blogs](#)



What's Happening in New Fairfield

May 12

Christopher Cross
The Ridgefield Playhouse
Ridgefield, CT
<https://goo.gl/FzWozQ>

May 18

Paul Anka
The Ridgefield Playhouse
Ridgefield, CT
<https://goo.gl/Yp8LvU>

May 21

2017 Sandy Hook Family Fun Fest
Newtown High School
Sandy Hook, CT
<https://goo.gl/uvZ6Ou>

May 30 – June 4

The King and I
Mortensen Hall – Bushnell Theatre
Hartford, CT
<https://goo.gl/NcNZtY>

June 2 – 3

Fair on the Green 2017
Town Green
Milford, CT
<https://goo.gl/HhC5Ux>

June 4

Connecticut Food Bank Miles for Meals 5K
Veterans Park
Norwalk, CT
<https://goo.gl/7GdJN5>

June 20 – 25

Fun Home
Mortensen Hall – Bushnell Theatre
Hartford, CT
<https://goo.gl/pD6T9l>

June 23

Toto
Paramount Hudson Valley
Peekskill, NY
<https://goo.gl/lDqOGY>



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

Disclaimer: Content of this newsletter may not be used or reproduced without written permission of the author. This newsletter is not intended to replace the services of a doctor. No expressed or implied guarantees have been made or are made by the author or publisher. Information in this newsletter is for informational purposes only and is not a substitute for professional medical advice.



Powered by Blue Orchid Marketing

Meet our Doctor



Dr. Lorraine Burio