



LAS POSITAS FAMILY DENTAL

2832 Las Positas Ave. in Livermore CA | 925.449.7900 | info@laspositasfamilydental.com



SPRING IS HERE, AND WITH IT, ORAL CANCER AWARENESS MONTH

Oral cancer involves cancer in the mouth and upper throat area. About 54,000 people in the US are expected to be diagnosed with oral cancer in the year 2021. As with any cancer, early detection is key, allowing a person to have abnormal tissue checked and treated before it spreads to other parts of the body. When detected early, oral cancer can have an 80%-90% survival rate. However at this time, oral cancer is usually detected at a later stage, resulting in high death rates. Each year the rate of occurrence of oral cancer has been steadily increasing due to a lack of national standards for screening and risk factors for oral cancer remaining the same.

In the past, oral cancer was more a concern for older age groups, however due to the Human Papilloma Virus (HPV-16), we are seeing signs of cancer in much younger age groups, therefore we encourage screenings as early as 14 years of age. As your oral health care professionals, we are in the ideal position to screen for any abnormalities that may arise. We are committed to visually checking the tissues of your mouth and throat during your routine dental exams and cleanings. You may not notice it, but we do it all the time before we inspect your teeth and gums. We check your jaw joint, neck, then move inside the mouth to the cheeks, under the lips, around the tongue, floor of mouth, and back of the throat. We look for discoloration of oral tissues, lumps, bumps, and anything that doesn't appear to be normal.



FREE ORAL CANCER SCREENINGS!

As part of our commitment to the early detection of oral cancer, until the end of May, we will be offering FREE oral cancer screenings. During our exam we will perform a visual inspection of the oral tissues and use VELscope or Identafi, which are tools that use natural tissue fluorescence or fluorescence and reflectance to enhance the way we see oral mucosal abnormalities that may otherwise go undetected. We usually offer each of these enhanced exams for \$30. Just mention it to your hygienist at your next hygiene appointment for the free screening.



For more information on oral cancer, check out these trusted resources: <https://oralcancerfoundation.org> OR <http://www.aoms.org/>

Oral Cancer

Facts



50,000

An estimated 50,000 people are diagnosed with oral cancer each year in the US. In the US, a person dies from oral cancer every hour of every day (around 9,000 people a year)

Risk Factors



Tobacco
smoking cigarettes, pipes, cigars, snuff, chew, smokeless tobacco



Alcohol
especially when you use tobacco at the same time



Exposure to HPV
the sexually-transmitted, Human Papillomavirus (HPV16)

Other conditions
that may promote oral cancer include:

Physical trauma Infectious disease

Poor oral hygiene Poor nutrition

Oral cancers are 2x more common in men than women.

Oral cancer's mortality rate is particularly high, not because it is hard to detect or diagnose, but because the cancer is often discovered late in its development.

Self-exam

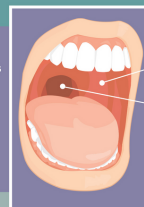


Perform a six-step oral cancer self-exam each month. Using a bright light and a mirror:

- 1 Remove any dentures
- 2 Look and feel inside the lips and the front of gums
- 3 Tilt head back to inspect and feel the roof of your mouth
- 4 Pull the cheek out to see its inside surface as well as the back of the gums
- 5 Pull out your tongue and look at all of its surfaces
- 6 Feel for lumps or enlarged lymph nodes (glands) in both sides of the neck including under the lower jaw

When performing an exam look for:

- White patches of the oral tissues — leukoplakia
- Red patches — erythroplakia
- Red and white patches — erythroleukoplakia
- A sore that fails to heal and bleeds easily



- An abnormal lump or thickening of the tissues of the mouth
- Chronic sore throat or hoarseness
- Difficulty in chewing or swallowing
- A mass or lump in the neck

Your family dentist or oral and maxillofacial surgeon is in the best position to detect oral cancer during your routine dental examinations.



For more information, visit MyOMS.org.



American Association of Oral and Maxillofacial Surgeons
Oral and maxillofacial surgeons
The experts in head, neck, and jaw surgery

Source: American Association of Oral and Maxillofacial Surgeons
www.aaoms.org, Oral Cancer Foundation www.oralcancer.org



NEW TECH: CONE-BEAM COMPUTED TOMOGRAPHY

Cone-beam Computed Tomography (CBCT), is now available at our Fremont location! CBCT allows us to get a three dimensional view of your bone and your teeth as well as other structures. How does this help you? Rather than the two dimensional image produced by traditional x-rays, images taken in 3D give us a more accurate view of how your anatomical structures are positioned in relation to each other. This will help us give you a more accurate diagnosis on the health of your teeth and bone and allow us to provide you with the best treatment options available to you. Talk to your provider about whether a CBCT scan might be beneficial for you.

Las Positas Family Dental Membership Plans

We know just how important good oral health is for overall health, and how important a healthy smile is for self-esteem and mental health. That is why we offer an affordable dental membership plan to help make quality dental care accessible to those who need it. Please contact us for more information, we are happy to help find the right plan for you. Membership plan options available range from individual plans, to a family of four plan, and include two exams, two cleanings, two fluoride treatments, diagnostic xrays, and discounts on most restorative treatments. Please visit our website, www.laspositasfamilydental.com and click on Dental Membership for more information on plan specifics.

Covid-19 Update - Vaccination

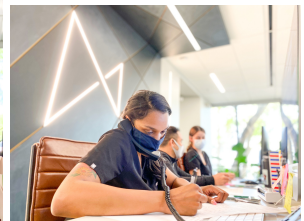
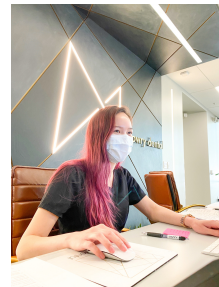
Vaccination eligibility guidelines for the state of California have been updated. As of April 15th, individuals age 16 and up are eligible to receive their vaccine. Vaccination is one of the most important tools we have to ending the Covid-19 pandemic and should be provided to you at no cost. For more information regarding the Covid-19 vaccines and where to get them, please visit: <https://covid19.ca.gov/vaccines>

Although our team members have been vaccinated we are not changing our current protocols in order to ensure the safety of our team, patients and community. We are not requiring our patients to let us know if they have been vaccinated, however this information would be helpful if you are comfortable sharing it with us.



SPOTLIGHT: FRONT OFFICE - THE FACES BEHIND OUR SAFETY

Our front office team has been working hard over the past year to keep our community safe. From screenings, to scheduling, taking temperatures and managing the flow of traffic in the office, the front office team has put in a lot of extra effort to investigate and determine the safest way to care for all of our patients at both Mowry Dental and Las Positas Family Dental. We would not be able to do what we do without all of their hard work. Thank you for your dedication and commitment Christina, Lexi, Arlen, and Jazzy!



Thank you!



To Our Patients: We wanted to express how thankful we are for you. Throughout the past year, you have shown us so much support and understanding with transitioning to providing care in a year of uncertainty. We are overwhelmed by the support and feel valued and appreciated by you. Thank you for your cooperation as we navigate through a challenging time. We are grateful to be able to continue to take care of all of you and look forward to seeing you at your next visit!



Spring Specials (Thru May 31, 2021)

- FREE Oral B Genius Electric Toothbrush w/ NEW Invisalign Case -case must be approved & deposit made by Monday, May 31, 2021
- \$350 Zoom in Office Whitening (orig. \$499)
- \$410 Zoom in Office Whitening w/ Touch Up Trays (orig. \$750)

Visit Us!

Did you know we have a location in Fremont? We are able to care for you in either location, just let us know!

FREMONT

MOWRY DENTAL
39355 CALIFORNIA STREET STE 100
510.794.7900

LAS POSITAS FAMILY DENTAL
2832 LAS POSITAS AVE
925.449.7900

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