

# ACSIG/EDGE DENTAL NEWSLETTER: SUMMER 2018

## 4 reasons to get an oral cancer screening

With a five-year survival rate as low as 60%, oral cancer is scary. Protect yourself by getting checked for the disease today. Here are the top four reasons you should add “oral cancer screening” to your wellness to-do list.

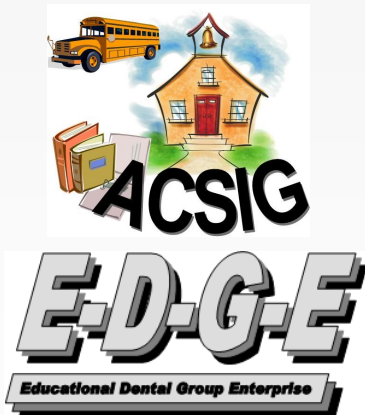
**It's easy.** Just ask your dentist to check for signs of oral cancer during your regular dental exam.

**It can save your life.** Oral cancer is a devastating disease — but you can boost your chances of survival by at least 20 percentage points when the disease is caught early.

**It's inexpensive.** When an oral cancer exam is incorporated into your regular exam, there's no extra expense unless follow-up procedures are needed.

**It's better to be safe than sorry.** Even if you don't have oral cancer, isn't it better to be sure?

Read the full article at: [https://www.deltadentalins.com/oral\\_health/4-reasons-for-oral-cancer-screening.html](https://www.deltadentalins.com/oral_health/4-reasons-for-oral-cancer-screening.html)



## Oral cancer: What you need to know

Oral cancer is the sixth most common cancer, accounting for 30,000 newly diagnosed cases each year – and 8,000 deaths. If not diagnosed and treated in its early stages, oral cancer can spread, leading to chronic pain, loss of function, facial and oral disfigurement and even death.

### Who gets oral cancer?

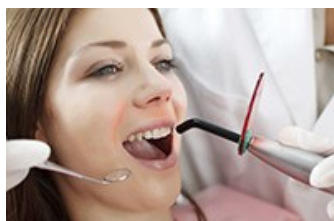
Anyone can get oral cancer. Heavy drinkers and people who smoke or use other tobacco products are at higher risk. Though it is most common in people over age 50, new research indicates that younger people may be developing oral cancers related to human papillomavirus (HPV).

### Early detection can save

The earlier oral cancer is detected and treated, the better the survival rate – which is just one of the many reasons you should visit your dentist regularly. Twice-yearly dental checkups are typically covered with no or a low deductible under most Delta Dental plans. As part of the exam, your dentist will check for oral cancer indicators, including feeling for lumps or irregular tissue in your mouth, head and neck. A biopsy will be recommended if anything seems concerning or out of the ordinary.

### Warning signs

You should perform your own self-examinations to check for early warning signs. Contact your dentist immediately if you notice any of the following symptoms:



- Sores that last longer than two weeks
- Swelling, growths or lumps anywhere in or near your mouth or neck
- White or red patches in your mouth or on your lips
- Repeated bleeding from the mouth or throat
- Difficulty swallowing or persistent hoarseness

Read the full article at: [https://www.deltadentalins.com/oral\\_health/oral\\_cancer.html](https://www.deltadentalins.com/oral_health/oral_cancer.html)

## Test Your Dental IQ

You should replace your toothbrush every six months. *True or False?*

*False.* The ADA recommends replacing your toothbrush every three or four months—sooner if the bristles are frayed. People who are prone to infection because of a compromised immune system should consider rinsing toothbrushes in mouthwash before brushing and soaking them in antibacterial rinse after brushing.

If one of your teeth is knocked out, you should place it back in its socket before seeking help. *True or False?*

*True.* ADA experts say you should grip the tooth by the crown and, if it's dirty, rinse off the root of the tooth in water. Do not scrub the tooth or remove any attached tissue. If you can, gently place the tooth back in its socket and hold it in place. If you cannot do that, place the tooth in a cup of milk and get to the dentist (with the tooth) as quickly as possible.

Read the full article at: <http://oralhealth.deltadental.com/Adult/GeneralInformation/22,21263>