



For Immediate Release:

Are You at Risk?

You and Your Dentist: The Best Defense Against Oral Cancer

Early Detection During Regular Exams Are Key

(Bethesda, MD)—Your regular dental exam can help save your life. With oral cancer expected to strike more than 34,000 Americans this year, the dentists at the Washington Center for Image Dentistry (www.imagedentistry.com) urge the public to see their dentist regularly. Drs. Abraham Ingber, Vincent Prestipino, Joseph Kravitz and Thanos Kristallis make oral cancer screenings a vital part of their patients' checkups.

Danger Signs

Oral cancer can strike any part of the mouth, including lips and tongue. It often appears as a tiny growth or sore that doesn't go away. Other signs include:

- A sore that bleeds easily
- A lump, thickening, rough spot, crust or small eroded area
- Pain, tenderness, or numbness anywhere in the mouth or on the lips
- Difficulty chewing, swallowing, speaking or moving the jaw or tongue
- A change in the way the teeth fit together

Where There's Smoke, There's Cancer

Research shows that most oral cancers are linked to lifestyle choices. The Oral Cancer Foundation says 75 percent of oral cancers are related to tobacco use, whether it's cigarettes, pipe tobacco, cigars, and smokeless tobacco such as snuff and chewing tobacco. Other factors include:

- Alcohol consumption in conjunction with tobacco
- Poor diet low in fruits and vegetables
- Overexposure to sunlight
- Genetics
- Irritation from poor fitting dentures (according to some studies)
- Oral cancer is more likely to strike after age 40.

According to the American Cancer Society, men face twice the risk of developing oral cancer as women, and men over age 50 face the greatest risk. Nearly eight thousand people die each year from oral cancer, about one every hour of every day.

Early Detection is the Key

The dentists and staff at the Washington Center for Image Dentistry (www.imagedentistry.com) make it a priority to screen for oral cancer during regular checkups. They scrutinize the head, neck and soft tissue areas to look for signs of problems. Just those few minutes can save a life. You can help too, with self-exams. Make sure to check for red or white patches in your mouth when you brush and floss. Look for tender or numb areas, sores that don't heal and lumps or rough spots. Make sure to report any suspicious areas to your dentist. If found early, the survival rate for oral cancer can be close to 90%, according to Inside Dentistry January 2007.

Drs. Ingber, Prestipino, Kravitz and Kristallis are available for interviews on oral cancer and other topics. Media contact: Marc Silverstein marc@onthemarcmedia.com. (410) 963-2345