

Autumn Newsletter - October 2011


diamonddental
@ Westbury Park

'Healthy Teeth for Life'



Two leading causes of oral cancer are smoking cigarettes (or other tobacco products e.g. pipes/cigars) and drinking too much alcohol. This accounts for an estimated 90% of cases of oral cancer. The rate of oral cancer has risen by 20% in the last thirty years. Both these substances, and carcinogens, contain chemicals that damage the DNA in cells and lead to cancer.

Regular cannabis smokers may be at a higher risk than tobacco smokers. This is due to cannabis containing higher levels of tar than tobacco smoke and tar is carcinogenic.

There is evidence that eating a 'mediterranean-style diet' can reduce the risk of getting oral cancer. A diet rich in fresh vegetables (especially tomatoes), citrus fruits, olive oil and fish is recommended as these foods are rich in antioxidants, which may protect cells from becoming damaged. Leafy vegetables, such as lettuce, spinach and cabbage are thought to provide the most protection against oral cancer.

Symptoms include:

- Red or red/white patches on the lining of your mouth or tongue
 - Mouth ulcers which do not heal
- Swelling in the mouth lasting for more than three months

If diagnosed early, the outlook for oral cancer is generally good. A complete cure is often possible using a combination of chemotherapy, radiotherapy and surgery.

Diamond Dental is committed to providing a health focussed dental service to all its patients. We recommend a dental health check every six months at which the mouth is screened for oral cancer.





To all our patients, we wish 'Happy Halloween', see you soon...

Tel : 01782 626414

www.diamonddentalatwestburypark.org.uk

email: tcd@westburyparkdentist.co.uk

 Diamond Dental

 @DiamondDental