

SUN TIMES

National Youth Sports Safety Month

April is National Youth Sports Safety Month, and one of the most prevalent pieces of safety gear is the sports mouthguard.

A sports mouthguard is made of thermo-plastic material and protects the teeth from impact, such as from an elbow or a hockey stick.

It also absorbs some shock to protect the jaw and skull, and prevents braces from cutting the lips or cheek.

A custom mouthguard is form-fitted to a model of your



We provide custom mouthguards in your choice of colors.

teeth, and is stronger and fits more securely than an over the counter "boil and bite" mouthguard.

Typically, only the top teeth need protection, as the lower teeth are partially protected by the top teeth.

If a patient's teeth change, especially a child's growing

mouth, we'll need to create a new mouthguard. Our office provides custom mouthguards for \$375. They're available clear or in a variety of colors, and can be ready by our next business day.

If you want a sports mouthguard call us at (760)

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Apple Valley, CA 92308

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760-810-7299 fax
taosundds@gmail.com
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Tues. 8:30 a.m. - 5:00 p.m.
Fri. 8:30 a.m. - 5:00 p.m.
Select Thursdays &
Saturdays
By Appointment Only

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WHAT'S INSIDE



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Oral Cancer Awareness Month

April is also Oral Cancer Awareness Month, and our team has always been dedicated to helping prevent or reduce the spread of oral cancer.

Early detection is key in surviving any type of cancer. Because oral cancer is often discovered late, survival rates are low compared to other types of cancer. It kills about one person per hour.

Then, if a person does survive, they can suffer facial disfigurement and/or eating and speaking problems.

Risk factors for oral cancer include smoking, drinking alcohol and exposure to the HPV virus.

Other possible factors include physical trauma, infectious disease, poor oral hygiene and poor nutrition. Additionally,

men are twice as likely as women to get oral cancer.

Dentists and hygienists are often the first persons to notice signs of oral cancer.

Every time a patient visits our office for a cleaning or exam, Dr. Sun and/or our hygienist, Elvia, look for signs of oral cancer, such as white patches and lumps.

We recommend having an oral cancer screening at least once per year. You can also perform an easy self-exam in between.

For tips on how to perform a self-exam and other information about oral cancer, visit <http://www.aaoms.org/media/raise-oral-cancer-awareness>, and consult the chart below.

HOW TO DO AN ORAL CANCER SELF EXAM

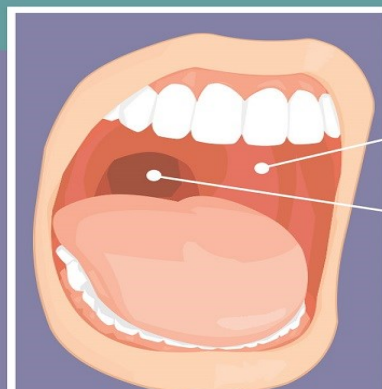


Perform a six-step oral cancer self-exam each month. Using a bright light and a mirror:

- 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

Stress and its Effects on the Mouth



Have you ever noticed yourself clenching your teeth when you're stuck in traffic? Or waking up with a sore jaw or neck?

If so, stress may be the source of your dental problems.

April is National Stress Awareness Month, and the week of April 16-22 is National Stress Awareness Week.

Physical and emotional stress can cause a myriad of health problems, dental health notwithstanding.

The primary stress-related dental problem is

bruxism, which includes grinding and clenching teeth. It can lead to worn-down teeth and TMJ (temporomandibular joint) pain or popping.

It often occurs at night when you're unaware of your actions.

Studies at three major universities found that emotional stress also plays a significant role in the development and severity of gum disease.

Another dental problem possibly caused by stress is canker sores.

Cheek biting and overzealous tooth brushing

can also contribute to oral sores.

It's often impossible or difficult to remove the source of your stress, but counseling, exercise or relaxation techniques can help significantly.

We can also provide help in the form of a nightguard to protect your teeth from nighttime grinding.

For \$375, we'll create a model of your teeth and a dental lab will create a custom fit guard.

And don't forget to follow a daily oral care routine and get regular dentist exams and cleanings to maintain the health of your teeth and catch problems before they become severe.

To make an appointment, call (760) 810-7297.

NEW PATIENT SPECIAL

Full exam, full mouth X-rays and regular cleaning

\$75

(a \$296 value)