



## A Super Start to Springtime!

The year is off to an exciting start at Future of Dentistry! We were so proud to see Roman Casazza make his on-screen debut in March. Roman was 2 ½ when he was filmed for the National Geographic channel's "Brain Games" show. The episode aired last month with many scenes featuring Dr. Casazza's son, who is now 4. Our little celebrity may have a bright future in front of him with acting and modeling!

We were also excited to receive the Angie's List Super Service Award again this year! Angie's List presents this award based on a business' reputation and reviews from our patients, so it's a true honor for us. We're proud to have won again for 2015!

This spring we're sponsoring the Greenwood School's Gator Gallop for the first time, and we're so glad to be part of the event! We'll also have a table at the event on April 9, and some of our staffers are participating in the 5K "Gallop." Look for more in next month's newsletter!



## fromthedentist Tips for Tranquil Teething

### Myths and Facts



Patients often ask for advice when their children are teething. This is a notorious stage in a child's development, and some babies are more sensitive to it than others. Here are a few tips to keep in mind.

- Teething toys and rings are traditional remedies, but avoid extreme cold. Frozen items can hurt a baby's mouth and cause additional discomfort. Store the teething toys in the fridge instead of the freezer. A cool washcloth is a soothing alternative.
- Say no to numbing: Avoid benzocaine treatments like Anbesol and Baby Orajel. They can lead to methemoglobinemia, a blood disorder in which body tissues don't get enough oxygen. Though rare, the condition is serious and potentially life-threatening.
- Drooling is normal during teething, but it can cause skin irritation and add to a baby's discomfort. Keep cloths handy to wipe up the excess, and offset dryness with an alcohol-free moisturizer.
- Babies will chew on anything when they're teething, so be extra vigilant about keeping objects out of their hands. Stock up on tooth-friendly items for the car, stroller and diaper bag.
- Parents sometimes believe that baby teeth don't need as much care because they fall out during childhood. This can be a serious mistake. Poor habits can cause decay that harms the gums themselves – not to mention the repercussions from not having a good oral health routine.
- Bring your child for his or her first visit by age 2. We will examine your child's mouth, teeth and gums, and also evaluate any adverse habits.

# HPV and Other Risk Factors

## Oral Cancer: Early Detection Saves Lives



Our oral cancer screenings are more important than ever, because the HPV virus has introduced new risks for the disease.

Oral cancer is responsible for 13,500 deaths per year in the U.S. alone. It's also one of the most misunderstood forms of cancer.

More and more, this disease is striking young people who wouldn't have been considered high-risk in the past. The HPV virus is a new pathway to oral cancer – new, at least, compared to tobacco use like smoking, chew and dip. The strain that causes oral cancer, HPV16, is the same one responsible for most cervical cancer cases.

Oral cancer often goes undetected until it's too late. Too often, warning signs aren't observed until the disease has advanced. After all, how often do you conduct an in-depth examination of your tongue, throat and the inner recesses of your mouth?

Dental professionals are in an ideal position to identify problems that could be oral cancer. At Future of Dentistry, we proactively check for

warning signs. Every hygiene appointment at our office includes an oral cancer screening. During VELscope exams, our hygienists work with a handheld scope, using black-light technology to illuminate potential problem areas.

We often point out that hygiene visits are “more than just a cleaning,” and oral cancer screening is a perfect example. April is Oral Cancer Awareness Month, which is a good time to talk about why these exams are so important.

HPV is an easily transmitted virus. According to the Oral Cancer Foundation, you can have HPV without ever knowing it because the virus may not produce noticeable signs or symptoms. This is why we conduct an oral cancer screening on all our patients.

For many years, the main cause of oral cancer was the use of cigarettes and other tobacco products. They remain a significant contributor to the disease. Smoking has declined over the years, but it's unfortunately still too common. Nearly 17 percent of American adults were smokers as of 2014, according to a CDC study.

Additionally, our society faces new risks, such as electronic cigarettes. Science and regulatory agencies are scrambling to understand e-cigarettes and the threat that “vaping” poses to health and safety. We know these products contain addictive nicotine, but there is still much we need to learn about how the vapors affect the human body. Until then, it's best to avoid these products and the potential risk to your health.

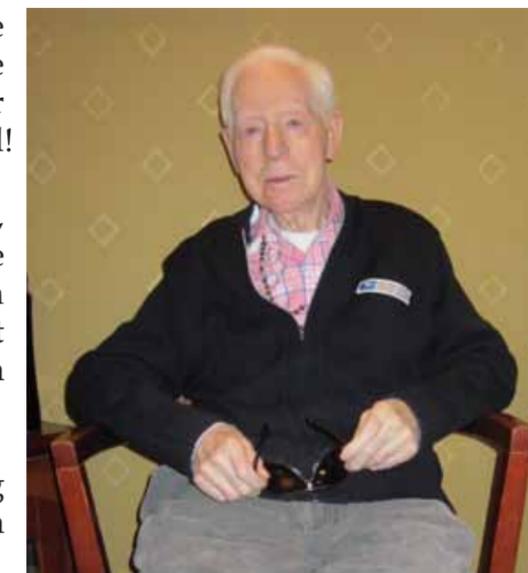
# Spotlight On Our Patients

## Oral Health at Every Age

At Future of Dentistry, we're lucky enough to have amazing patients. You've probably seen the phrase “The Future Looks Bright” somewhere in this newsletter or around our office. When we say that, we have you in mind!

We had a distinguished visitor in March: Henry Hubert, who is a centenarian. What does that mean, you may be wondering? It means he is 100 years old. Henry is a longtime patient. He really demonstrates how important dental care is, at any and every age. Thanks for setting such a good example, Henry!

Speaking of oral health at any age, many of our young patients are now in Future of Dentistry's “Clean Teeth Club.” They demonstrate the power of a great smile, and the importance of developing good dental habits early on. You can see more of these photos on our Facebook page, at [www.facebook.com/futureofdentistry](http://www.facebook.com/futureofdentistry).



At 100 years old, Henry sets a great example for the importance of dental care at every age.



Ava and JT are in the “Clean Teeth Club,” showing how important it is to establish good habits early in life.

Some of you may have seen the great video the Dowd family filmed with us. Mom Lyndsay and daughter Hadleigh, 7, sat down to talk about what they like about Future of Dentistry. Their informal chat was both sincere and funny – if you haven't seen the video, be sure to check it out on our YouTube channel or our Facebook page. A big thanks to Hadleigh and Lyndsay!

This month we also want to recognize Ron Gerace, who is our most recent “Share a Smile” recipient. Ron stopped by the office recently to receive his gift – a \$100 cash card and a bag full of goodies for him and his wife.

As you may remember, Share a Smile is a relatively new initiative here at Future of Dentistry. It's a way for us to recognize our wonderful patients by giving a special thank-you once a month.

Ron exemplifies why we created Share a Smile. He is friendly, prompt, and a pleasure for our staff to have the privilege to serve. He has recommended Future of Dentistry to family members, which is the highest praise we can receive. Ron is also a great community leader.



Thanks to Ron for being a fantastic patient! He's our latest “Share a Smile” recipient.

*Thank you for all your referrals. We appreciate them!*

**Office Information**

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**Office Hours**

Mon/Tues/Wed	7:30 am – 7:00 pm
Thursday	7:30 am – 8:00 pm
Friday	7:30 am – 6:00 pm
Saturday	7:30 am – 3:00 pm

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 **Future of DENTISTRY** *See What's New!*  
 Impacting Lives One Smile At A Time

**It's All In The Wrist: Turn Off The Tap!**

We often remind patients they should be brushing their teeth for a full two minutes. But can you imagine how much water is lost if you let the tap run during that time period? According to the EPA, you can save 200 gallons a month just by shutting off the faucet, which makes it easier on your utility bill as well as the planet. In honor of Earth Day on April 22, please consider turning off the tap! It's a great lesson for kids too.

While you're thinking about Earth Day, please consider two other green options with Future of Dentistry. Take advantage of our online payment option, which reduces the amount of paper communications needed. It's easy and fast to sign up, and can be done right on our website at [www.futureofdentistry.com](http://www.futureofdentistry.com).

You can also sign up to receive this newsletter in email form, which also saves paper. Just send an email to [lisa.futureofdentistry@gmail.com](mailto:lisa.futureofdentistry@gmail.com), and we'll add you to our paper-free mailing list.



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