

Oral cancer & HPV infection



Please be advised the contents of the following paragraphs may not be appropriate reading for all. However, as certain types of oral cancer are linked to HPV (Human Papilloma Virus) infection, it is important that we are all aware of the risks, detection and prevention. Of particular relevance to us as dentists are HPV 6,11,16 and 18. In fact, HPV 16 DNA has been found in 80-90% of oropharyngeal carcinomas.

HPV is transmitted by sexual contact (including oral sex) and most people infected may not have symptoms and therefore may unknowingly pass the virus on to a sexual partner.

Prevention is by means of vaccination. The only vaccine currently available on the NHS is Cervarix®, which is available for girls over 12 and is effective against HPV 16 and 18. Vaccination has been shown to reduce the incidence of cervical cancer. Gardasil®, currently only available privately, is effective against HPV 6,11,16 and 18 and should ideally be administered to boys and girls before they first become sexually active.

How can we help? Regular dental examinations are important as many of the signs can be found at your check up. Ulcers, warts or other abnormalities of the soft tissues in your mouth can be spotted early, as can lumps in the neck and jaw area and

prompt referral to an oral surgeon can greatly improve the possibility of a good outcome.

Please book an appointment with us if you have any or all of the following symptoms: a persistent sore throat that doesn't respond to antibiotics, pain or difficulty swallowing, a lump in the back of your throat or mouth and/or neck, bleeding in your mouth or throat, voice changes with or without a persistent cough or ear pain.

It is important to remember that smoking and alcohol consumption still remain the greatest risk factors in the development of cancers of the head and neck.

Any concern you may have, however trivial you may feel it is, will be treated in complete confidence and be taken seriously.

For further reading:
info.cancerresearchuk.org
and the **WHO website.**

The clear alternative to braces

Invisalign® is a removable system of straightening teeth using a series of clear, thin, comfortable plastic aligners (trays) to gently move teeth into place to give you a confident smile with straight teeth.



It is rapidly becoming the treatment of choice over conventional fixed braces as it allows you to:

- ✓ remove the device when you want (including mealtimes)
- ✓ brush and floss your teeth normally during your treatment to maintain good gum health
- ✓ free up your schedule as adjustment appointments are less frequent enjoy virtually invisible teeth-straightening
- ✓ feel more comfortable as the smooth plastic is unlikely to cut into your cheeks and tongue

Our orthodontist, Martin O' Sullivan is an accredited Invisalign® provider and is pleased to announce that in addition to Invisalign® for adults, he is also able to offer Invisalign Teen®.

This new product has been developed specifically for teenagers. It has compliance indicators which fade from blue to clear as a gauge of approximate wear time so you know if your child has been wearing their aligners as prescribed! In addition, knowing that teens will be teens, Invisalign Teen® allows for up to 6 replacement aligners at no additional charge.

Martin will be happy to advise you on your suitability and likely cost of treatment at your orthodontic assessment.

That's about it for this edition! Please don't hesitate to ask if you have any questions about any of the articles featured. In the meantime, Keep Smiling or as they say in Houston, Keep Smilin'!

Best wishes *David & Naseema*

Smile Update



Welcome to our latest edition

We'd like to start by introducing our new dentist, George Cheetham who joins us on Tuesdays. George has previously worked with Karim and some of you have already met him, so know that his friendly, relaxed manner belies his professionalism and dedication to providing the best possible care for you. We look forward to a long and happy association with George.



As part of our Continuing Professional Development, David and Naseema recently attended the Star of the South Dental Meeting in Houston, Texas. David attended courses on Anterior Aesthetic Restorations which included discussion of the latest techniques and materials available in providing natural, great looking restored teeth with minimum preparation and maximum conservation of existing sound tooth substance. Naseema attended courses on oral medicine, and as you know, our practice emphasis has always been on oral health first.



Edited in association with the
British Dental Health Foundation

Articles contained within this newsletter are provided for information only and should not be taken as a recommendation for any specific dental treatment or procedure. For further advice contact the dental practice.

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