

HIDDEN PICTURE



Find 10 Spoons in the Picture Above

- What has teeth but cannot eat?
- What did the dentist do when the judge came in for an appointment?
- Why did the king go to the dentist?

Answers:

- A comb
- He removed his tooth, the whole tooth and nothing but the tooth.
- To get his tooth crowned.



Smile and then share it with someone...

You'll feel much better when you do!"

Let's talk about...

EARLY SIGNS of ORAL CANCER

What does the dentist look for?

The dentist will observe your lips, cheek linings, tongue, and other soft tissues of the mouth for any abnormal appearances such as:

- as: Red or white patches
- Easily bleeding or non healing sores
- Thick or hard areas or a lump
- Rough or crusted areas
- Numbness and/or pain

What are the common Risk Factors?

Many of the risk factors leading to oral cancer are those which a patient can control and/or avoid. These risk factors are: smoking, chewing tobacco, heavy drinking, and prolonged exposure to the sun (related to lip cancer), infection from the human papilloma virus(HPV), and a low fruit and vegetable diet.

How is oral cancer diagnosed?

If a suspicious looking area or unusual growth is found, the dentists may provide minimal therapy and re-evaluate the area in 1-2 weeks. The questionable area may heal within that time frame.

If no healing is apparent the patient may be scheduled for a tissue biopsy appointment and/or referred to an oral surgeon/oral pathologist for a second opinion.

The patient and the dentist can discuss options that may be causing the abnormal tissue changes and together they will determine what the best alternative for the patient.

Go to our website at www.pdcdentistry.com for picture examples of early signs of oral cancer.

PEOPLE'S DENTAL CARE, P.A. DR. TABREENA WALKER, DDS



"Creating Happy Healthy Smiles"

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The PDC Smile-O-Gram Newsletter

(A Quarterly Publication)

JUL-SEP 2010 ISSUE

HAPPY INDEPENDENCE DAY!

HAPPY LABOR DAY!

HAPPY GRANDPARENT'S DAY!

HAPPY PATRIOT DAY!

**REMEMBER SUMMER SAFETY!
WEAR YOUR MOUTH GUARD
WHILE PLAYING SPORTS!**

A HEALTHY MOUTH MEANS A HEALTHY BODY!

OSTEOPOROSIS & OSTEONECROSIS OF THE JAW

Osteoporosis is a serious condition where there is thinning of the bones resulting in tremendous pain with fractures. Risk factors include aging, being female, low body weight, low sex hormones such as during menopause, smoking, and some medications. There are no symptoms of this bone disease until you fracture a bone. Prevention and treatment of osteoporosis include calcium and vitamin D, regular exercise, and osteoporosis medications, if needed.

Biophosphonate medications such as Aredia, Fosamax, Actonel, and Zometa used to treat patients with osteoporosis or hypercalcemia have been linked in some rare cases to cause poor bone healing and bone necrosis - Osteonecrosis (deterioration of bone).

If your medical physician prescribes a biophosphonate medication, please inform your dentist. Most cases of osteonecrosis of the jaw have been diagnosed following dental tooth extractions or other invasive dental treatments of patients using biophosphonates.

If you are currently taking biophosphonates, if possible, avoid invasive dental procedures.

**** Therefore it is usually recommended that you complete dental surgery before beginning biophosphonate therapy.**

Patients should be evaluated by their primary care physician to address their changing or altering any medications.

INSURANCE & ECONOMICS IN THE DENTAL OFFICE

Matters Affecting Your Dental Treatment Decisions

1. PDC has a partnership with both **CareCredit** and **Citi Health-Card**, two types of payment plan options allowing patients to easily pay their balances through set monthly installments and get dental care they need when they need it. Just fill out a short application & start your treatment immediately.
2. PDC is not a Medicaid/Medicare provider. Find out which dental office in your area is a provider by contacting the **Medicaid Client Hotline at: (800) 252-8263.**
3. **People's Dental Care P.A. is a contracted provider for the following dental insurances:** Delta Dental, MetLife, Southwest Life & Health (First Care), and United Concordia/TRICARE.
4. Patients should inform PDC of any changes in their insurance coverage and mailing address as promptly as possible to expedite billing and claim processing.
5. Talk to your CPA to find out how you can deduct your dental co-payments not paid by insurance and money paid for specialized dental/medical equipment on your taxes when filing this year.

**See our website for
money saving coupons!
www.pdcdentistry.com**

Community Events & News

City of Harker Heights City 50TH Anniversary

Come celebrate the City's 50th Anniversary on September 25th!
Go to www.ci.harker-heights.tx.us for details

KILLEEN LIBRARY EVENTS

7-22-10 Austin Reptile Service presents
"Reptiles and Amphibians":
Contact Library for Details 501-8993

Aloha Fest of Central Texas

07/31/10 - 10AM Killeen Convention Center
Celebrating the culture of the pacific islands
Contact: 254-535-2613

The Queen of Comedy Sommere

08/14/10 6PM
Killeen Civic & Conference Center

Contact: 254-371-6509 for ticket information

NATIONAL NIGHT OUT 5K FUGITIVE FUN RUN

Sat, August 7 Run Starts at 7:00 a.m.
On-site registration 6 a.m.
Pre-register by Aug 4 - \$15, After Aug 4 - \$20
Register at the Harker Heights Rec Center
For more information, contact 254.953.5657.

KISD Enrollment Center School Year 2010-2011

Manor Middle School - : July 20th - August 5th
1700 So. W.S. Young Dr, Killeen
8 AM - 5:30 PM