



Smile Talk



Family Care, Orthodontics & TMJ

732-264-8180

www.Dentistnj.com

April 2018

Spring is here. As you give your house and yard a good spring clean up, do not forget to get your teeth cleaned also. April is a cancer prevention month so let's talk about it in this Newsletter. Do you know that every time you come for your dental exam and cleaning, we screen you for oral cancer also?

I am very humbled that you all chose me to provide your dental care. I promise and I believe that I owe you to continuously expand my knowledge and ability to bring a special level of care to you and to my community. I realize that dental work I do for my patients is pale compare to what you all do for me. Thank you.

Office Hours including Evenings and Sat.

Monday & Thursday:
11:00 a.m. to 7:00 p. m.
Tuesday & Friday
8:30 to 5:00 p.m.
Saturday: 8:00 a.m. to 1:00
Visit us @ www.Dentistnj.com
Dentistnj@comcast.net
Saturday: 8:00 a.m. to 1:00

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What to do if I see something unusual in my mouth?

April is a cancer prevention month. Oral cancer is a cancer that develops in your mouth and throat. It is about 3 % of all cancer developed in 2017. HPV (sexually transmitted virus) related Mouth and throat cancer is increasing by 2.5 % each year. **Cancer may show up as unusual lump, sore or irritation, red or white patch or a rough spot in a normally smooth area, it can be on your lip, gum, cheek, tongue or roof of the mouth or in the throat which does not go away in 2-3 weeks, or if you have unexplained pain or throat trouble, hoarseness of voice, tingling or numbness in some area, be sure to tell us. Men are 3 times more likely to have HPV and 4 times more likely to be diagnosed with oral cancer than women.**

At our office, we check all our patients for oral cancer routinely. As part of our examination we look beyond where you can see, for ulcers, sores, lumps, discoloration and we palpate and feel for any bumps or swelling. Sometimes, person may need biopsy immediately and sometimes we observe to see if it goes away in a short time. You can reduce your risk by going to dentist regularly and going immediately if you notice something unusual. Stay clear of tobacco products, limit your consumption of alcohol and definitely avoid combination of tobacco and alcohol. Eat healthy diet and practice healthy life style.

Sooner oral cancer gets diagnosed, better your chances of survival. Average life expectancy is 5 years at 64% for oropharyngeal cancer but survival rate can be improved with earlier diagnosis. Oral cancer can spread to other organs in the body or can occur as a spread from cancer from another site in your body. Seeing dentist regularly is a key to maintaining good oral and overall health by catching it in earlier stage and minimizing the potential for excessive surgery and/or radiation and chemotherapy. If you have any questions or would like to have oral cancer screening, please call our office at 732-264-8180. We also provide free oral cancer screening to your friends and families during this month of April.



New Research and applications: Commit yourself to lifelong learning. The most valuable asset we have is our brain and what we put in that brain.

Periodontal Disease May Increase Cancer Risk For Postmenopausal Women:

According to study published by University of Buffalo, postmenopausal women who have history of gum disease also have a 14% higher risk of several types of cancer, including gallbladder cancer, lung cancer, melanoma and breast cancer with significantly higher risk and with the stronger association for cancer of the esophagus (food Track) .

Oral Bacteria predict Precancerous Stomach Cancer Lesion:

NYU school of medicine and college of Dentistry's study concluded that increased bacterial colonization associated with gum disease and lack of bacterial diversity predict Precancerous lesion of Stomach Cancer. Risk factors such as cigarette smoking, and eating salty and preserved food, Helicobacter pylori colonization (Acid reflux) have been confirmed to contribute to development of stomach cancer but many new cases unrelated to those risk factors are diagnosed each year. Their assessment revealed that gum disease causing 3 types of bacteria (Tannerella Forsythia, T denticola and A actinomycetemcomitans) decreased bacterial diversity in dental plaque and a lack of regular flossing.



Do Not Let Your Insurance Company Dictate Your Oral and Overall Health. Prevention is Better than Cure. Do Not Miss Your 6 Months visits and Do Not Procrastinate necessary Dental Work. Ask Paula, how can we help those without insurance?

Smoking and Your Health: You are aware that smoking is bad for your health, stains teeth, causes bad breath, burns your tissue so reduces your healing ability, and gives you gum disease. Many think that cigarettes are less harmful, in reality they are not. When gum disease advances due to smoking, tissue that holds your teeth in the bone gets destroyed and you loose teeth. Once teeth are lost, you loose supporting bone as it is non functional now in your mouth without teeth, taking away support to your cheeks and lips, giving you older appearance. It also negatively affects your teeth replacement options because of lack of bone and lower healing ability as tissue is burnt.



Start now for coming in for your routine exam and cleaning and we will talk about your treatment options. There are enough reasons to quit smoking and you know it. It is not easy to quit. But we are here to help you.

We appreciate Your Referrals: In our practice, you make the difference. We will keep working hard to earn your ongoing loyalty and trust. Every time you refer us to the important people in your life, you help to keep our practice growing and progressing. Your trust and confidence are very important to us. Please let us know whom did you refer, so that we can thank you properly for your support and confidence. Thank you sincerely for your favor of your referral.

Time for Another Dental Visit.....Already? While there is no universal “right” number of times to visit dentist for regular continuing care appointments, we recommend at least two dental visits for exam and cleaning per year. There are, of course, exceptions to every rule and most common is that people who smoke or have gum disease or have heavy plaque or tartar or who do not floss at least twice a day or those who have certain disorder like diabetes should come lot more frequently.

Regular continuing care ensures that bacteria is removed from around and below the gum line. Your treatment will include scaling and polishing procedure where we remove above the gum deposits of bacteria and food that has hardened with salts from your saliva. If not removed, it leads to gum disease and loss of teeth and bad breath.

Your dental visit will also include a detailed check for unusual sores or changes in your tissues that may indicate oral cancer, any new cavities or deterioration of your old fillings or chipped fillings or chipped/fractured teeth, signs of gum disease, receding gums, sensitive teeth, Jaw problems, sleep disorders, grinding and clenching of your teeth and consultation for improving your smile and oral health.

It is vital to maintain regular dental continuing care appointments even if you feel no symptoms of a problem as gum disease is a silent disease and even oral cancer can sneak up at anytime without person noticing it. Research is suggesting that gum disease can contribute to heart disease, stroke or even a woman’s risk of having pre-term baby or low birth weight baby. In any case, please ensure that you continue to keep up your regular dental maintenance schedule and advise us of any new symptoms that you may be experiencing. Prevention is better than cure. It saves your teeth, gum and bone– oral health and overall health. **Please call to schedule your appointment.**



Chicken Tikka Masala:

1 ½lbs **boneless skinless chicken**,
cut in 1 inch cubes

MARINADE

1cup **plain yogurt**
2tablespoons **lemon juice**
2teaspoons **ground cumin**
2teaspoons **ground red pepper**
2teaspoons **black pepper**
1teaspoon **cinnamon**
1teaspoon **salt**
1piece minced ginger (1-inch long)
6bamboo skewers (6-inch)

SAUCE

1tablespoon **unsalted butter**
2**garlic cloves**, minced
1**jalapeno chile**, minced
2teaspoons **ground coriander**
1teaspoon **ground cumin**
1teaspoon **paprika**
1teaspoon **garam masala** (buy in
Indian market)
½teaspoon **salt**
1(8 ounce) can **tomato sauce**
1cup whipping cream
¼cup chopped **fresh cilantro**



Soak Bamboo in water, Thread chicken on skewers, and marinate (in the refrigerator) for an hour or so, Discard marinade, For sauce, melt butter on medium heat, Add garlic & jalapeno; cook 1 minute, Stir in coriander, cumin, paprika, garam masala & salt, Stir in tomato sauce, Simmer 15 minutes, Stir in cream; simmer to thicken- about 5 minutes, Grill or broil chicken, turning occasionally, to cook through- about 8 minutes, Remove chicken from skewers; Add sauce and simmer 5 minutes, Garnish with cilantro and serve with Basmati Rice or Pita bread or Naan.

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To: Current Resident or

Thank you all for your kind words and taking time to fill out our online survey on Google. Here is our commitment to you and please feel free to draw our attention if we fall short. We will treat you with respect and keep **comfortable and Hi-tech quality of care** as our number one priority. You are the reason for our existence and growth and **you are our boss**. We are **genuinely concerned** about your frustrations or fears, we will listen and address your concerns proactively. We will be reliable in fulfilling your requests promptly and help you achieve your goals.

Dr. Dipika Shah, General Dentist with a mission to enhance the quality of life of those who come to us for their Dental Care. She is a recipient of several awards including:

Mastership and Life Long Learning and Service Awards from the Academy of General Dentistry . L

Listed on "The Guide to America's Top Dentists" by the consumer research council

Recipient of "Who's Who Among Executives and Professionals"

Past president of Monmouth-Ocean County Dental Society.

Delegate and Trustee of MOCDS, NJDA and ADA.

Please feel free to give your valuable opinion to make us even better. We appreciate your feedback.

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