

**Craig  
Long, DDS**

# Watch Your Mouth!

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## **VELscope New Oral Cancer Screening System**

We have recently invested in a wonderful new screening device called the VELscope®. This device helps us screen for a wide variety of things, including inflammation, infections, and even cancerous and precancerous tissue. The VELscope® is the only device cleared by the FDA for its ability to help detect lesions that may not be visible under traditional white light examinations, including precancerous and cancerous growths.

Oral cancer is more prevalent than most people realize. In fact, it's estimated to strike over three times as many people as cervical cancer. One possible reason for this is that certain strains of HPV known to cause cervical cancer have now been shown to be strongly associated with oral cancer as well.

It is important for all adults to have an annual oral cancer screening because if detected in early stages, the survival rate for oral cancer patients is 80% or higher.

If it is detected in late stages, however, the survival rate is only around 20%.

Dr. Long and his entire staff are dedicated to screening and early detection for all of their patients. Screening with the VELscope® is quick, painless and affordable. This valuable screening may be eligible for coverage under your dental insurance.

Our office has now begun offering this service to our patients during their regular preventive examinations.

For more information about oral cancer screening, please check out the American Dental Association's website, [www.ada.org](http://www.ada.org).



*VELscope® screening is quick and effective.*

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### **Did you know...**

#### **Oral Cancer Risk Factors**

- Although the use of tobacco and alcohol are risk factors in developing oral cancer, approximately 25% of oral cancer patients have **no known risk factors**.
- There has been a nearly five-fold increase in incidence in oral cancer patients under age 40, many with no known risk factors.
- The incidence of oral cancer in women has increased significantly, largely due to an increase in women smoking. In 1950 the male to female ratio was 6:1; by 2002, it was 2:1.

## Introducing our Hygienists

We are very pleased to introduce new members of our dedicated dental hygiene team, Tara Twellman and Leann Worsley. Both of these talented young women are Registered Dental Hygienists.

Tara joined our practice in April 2008 and Leann began working part time in July 2008.

We feel very fortunate to have two such enthusiastic and dedicated professionals become a part of our practice. We are confident our patients will find both of these young women knowledgeable and eager to assist them with their dental hygiene needs.

In addition to our two hygienists, we also have another new member of our hygiene team, our hygiene coordinator, Lily Steiner. Lily is here to assist you with your oral hygiene questions and to schedule your hygiene appointments.

**Contact Lily @ 573-594-6166 or email her at [ips@vandaliemo.net](mailto:ips@vandaliemo.net) to reserve your time to see one of our hygienists.**



*The dynamic hygiene duo of Tara Twellman and Leann Worsley.*

### Tara Twellman

Tara received her AAS degree in Dental Hygiene from Saint Louis Community College in Forest Park in 2007. Prior to becoming a registered dental hygienist, Tara also worked as a dental assistant and has been involved in the dental care field for twelve years. While a student, Tara was a member of Phi Theta Kappa, National Honor Society and the Academic Dean's List. Professionally, she holds both Missouri licensure and National Board Certification in Dental Hygiene. Showing her commitment to providing excellent dental care, Tara has also volunteered in the dental clinic at the Lincoln County Health Department and with the GiveKidsASmile program with the Greater St. Louis Dental Society. Tara and her husband, Brian, live in rural Lincoln County. Our patients are sure to appreciate Tara's warmth and bright smile. Tara's email: [tjtrdh@vandaliemo.net](mailto:tjtrdh@vandaliemo.net)

Dedicated to healthy smiles  
for a lifetime.

### Leann Worsley

Leann is also a graduate of Saint Louis Community College in Forest Park, graduating in 2008 with an Associate of Applied Science degree in Dental Hygiene. As a student, Leann was on the Academic Dean's List. She is a member of the American Dental Hygienist Society, Missouri Dental Hygienist Society and the Greater St. Louis Dental Hygienist Society. Leann holds both Missouri licensure and National Board Certification in Dental Hygiene. Her volunteer efforts include Dinosaur Doings and GiveKidsASmile with the Greater St. Louis Dental Society. Leann credits wearing braces as a teenager with piquing her interest in the dental field.

A lifelong resident of Troy, Leann enjoys heading north each week to Vandalia.

When you visit our office, be sure and catch Leann's winning smile and sunny disposition.

## Laser Therapy

Lasers are the latest trend in dental treatments and minimizing discomfort. Lasers are high-technology devices that generate a beam of light in short pulses to remove areas of infection or tooth decay with great precision. It is nearly pain free and vibration free! They are used on hard tissue (teeth), soft tissue (gums), and for light curing dental materials, bio-stimulation, and bleaching.

Procedures lasers are used for include **bacterial reduction and sulcular debridement**, aphthous ulcers and cold sore treatment, biopsies, treatment for periodontal disease, hemostatic assistance in extractions and other soft tissue procedures, crown lengthening, laser curettage, fibrous tissue removal, frenectomy, gingivoplasty, tissue retraction, abscess treatment and drainage, any other soft tissue surgical procedures and decay removal, often with no injections.



**Benefits of the laser** include greater precision, faster healing, reduced risk of infection, decreased sensitivity, less bleeding, less post-operative pain, less noise than traditional drills, no vibration, increased conservation of healthy tissue whether hard or soft, less or no anesthesia, and a lot less time in the dental chair, which *everyone* likes very much.

Dr. Long has received his advanced certificate in laser dentistry from the Advanced Institute of Laser Dentistry, and is a certified laser dentistry instructor. He was recently named one of the top dentists by the National Institute of Consumer Dentistry in Washington, DC.

## Periodontal (Gum) Disease

Some factors increase the risk of developing periodontal disease:

- Tobacco smoking or chewing
- Systemic diseases such as diabetes
- Some types of medication such as steroids, some types of anti-epilepsy drugs, cancer therapy drugs, some calcium channel blockers and oral contraceptives
- Bridges that no longer fit properly
- Crooked teeth
- Fillings that have become defective
- Pregnancy or use of oral contraceptives

**You don't have to lose teeth to periodontal disease.**

Several warning signs that can signal a problem:

- Gums that bleed easily
  - Red, swollen, tender gums
  - Gums that have pulled away from the teeth
  - Persistent bad breath or bad taste
  - Permanent teeth that are loose or separating
  - Any change in the way your teeth fit together when you bite
  - Any change in the fit of partial dentures
- Gum disease has been proven to be linked to heart disease, diabetes, and low birth weight.

## Survey Finds Smile Is "Most Attractive" Physical Feature

What do people find most attractive in others? A smile. A national survey from the American Dental Association and Crest® and Oral B® finds that the smile outranked eyes, hair and the body as the most attractive physical feature.

Yet men and women differ when it comes to taking care of their teeth and gums. The nationally representative survey of 1, 00 American ages 18 and older found 86 percent of women brush their teeth twice or more a day, yet only 66 percent of men do so.

Oral health is an important part of overall health. Regular dental check-ups are important not only to diagnose and treat gum disease and tooth decay, but also because some dis-

ease or medical conditions, such as oral cancer, have symptoms that can appear in the mouth.



**The smile wins!**

Growing research indicates there may be an association between oral health and serious health conditions such as cardiovascular disease and diabetes, underscoring the importance of good oral hygiene habits.

“We need to constantly get the word out how important it is to stay on top of your oral health,” says Dr. Ada Cooper, an ADA consumer advisor and practicing dentist in New York City. “Brushing twice a day with fluoride toothpaste, flossing daily, eating a balanced diet and visiting your dentist regularly can keep your smile healthy.”



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**CRAIG LONG, DDS**

*Smiles are our business.*

We're on the web!  
[www.molaserdoc.com](http://www.molaserdoc.com)

Check out these informative sites on the Web:

**[www.ada.org](http://www.ada.org)** Official website of the American Dental Association with a patient information & education portal.

**[www.knowyourteeth.com](http://www.knowyourteeth.com)** Patient information & education site sponsored by the Academy of General Dentistry.

**[www.healthyteeth.org](http://www.healthyteeth.org)** Oral health database for elementary aged children

**[www.colgate.com/app/Colgate/USIOCIHomePage.cvsp](http://www.colgate.com/app/Colgate/USIOCIHomePage.cvsp)** Product website with oral care sections.

**[www.millenniumdental.com](http://www.millenniumdental.com)** Website featuring information about the laser we use in our practice.

**[www.molaserdoc.com](http://www.molaserdoc.com)** Our office website with contact information, patient education and staff bios.

## Our Team

Dr. Craig Long and his staff of caring professionals are ready to provide excellent dental care using updated techniques and state of the art technology. Our patients are our neighbors, friends and family. In our practice, every patient is important and receives the best care we are able to provide.



(front) Lisa Otis, Tara Twellman, Tara Lewis, Carla Burnett,  
(back) Leann Worsley, Dr. Craig Long, Kerrie Wohlbold, Christy Lowrance

Our staff includes:

Lisa Otis, Receptionist and Financial Coordinator

Kerrie Wohlbold, Hygiene Coordinator

Carla Burnett, Dental Clinician

Christy Lowrance, Dental Clinician

Tara Lewis, aka Tara One, Dental Clinician

Tara Twellman, aka Tara Two, Dental Hygienist

Leann Worsley, Dental Hygienist

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