

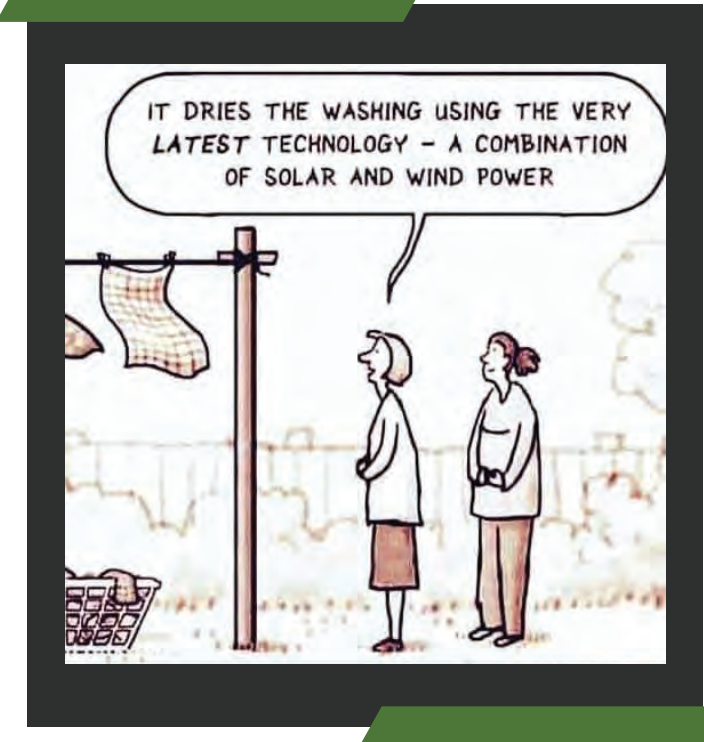
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2023	May Utah Events
2 May	Against the Current The Complex - UT, 537 West 100 South, The Complex - UT, Salt Lake City
5 May	Salt Lake Bees vs. Tacoma Rainiers Smith's Ballpark, 77 West 1300 South, Smith's Ballpark, Salt Lake City
11 May	Kilby Block Party Kick-off: Pond The Depot,13 North 400 West, The Depot,Salt Lake City
14 May	Electric Feels The Depot, 13 North 400 West, The Depot,Salt Lake City
23 May	Les Claypool's Frog Brigade Red Butte Garden,300 Wakara Way, Red Butte Garden Salt Lake City
24 May	All Time Low The Union,235 N 500 W, The Union, Salt Lake City
30 April	Utah Symphony The Union,235 N 500 W, The Union, Salt Lake City

Whether Self Pay or Insured, we have a Membership Plan for you.

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 Pinecrest Dental
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 6065 S Redwood Rd Taylorsville,
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THE INSIDER'S SMILE

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May 2023

Role Model Women, and Oral Cancer

Mother's Day is a special occasion to celebrate and honor the women in our lives who have played an integral role in shaping who we are. It's an opportunity to show our appreciation for their sacrifices, love, and guidance. It's also a time to reflect on our lives, our health, and those who have influenced us. Each April is Oral Cancer Awareness Month, an annual initiative to spread awareness about oral cancer and the importance of early detection. Approximately 54,000 people in the United States will be diagnosed with oral or oropharyngeal cancer this year. Sadly, about 10,850 of those cases will result in death.

Oral cancer can affect any part of the mouth, including the lips, tongue, cheeks, and throat. It can be caused by a variety of factors, including acid reflux, chronic inflammation, poor fitting appliances or dentures, alcohol consumption, HPV, and of course tobacco use. Early detection is key to successful treatment, which is why it's so important to be aware of the signs and symptoms of oral cancer.

Thomas Edison once said, *"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease."* Edison's quote perfectly captures the importance of preventive care in modern medicine and in longer living. In the case of oral cancer, preventive care can mean quitting tobacco and limiting alcohol consumption, as well as getting regular oral cancer screenings.

Two well-known figures who have battled oral cancer are actor Michael Douglas and professional football player Jim Kelly. Michael Douglas was diagnosed with stage IV oral cancer in 2010. He underwent intense radiation and chemotherapy treatments, and thankfully, his cancer is now in remission. However, the treatment left him with a host of side effects, including difficulty swallowing and chronic dry mouth. In an interview with The Guardian, Douglas talked about the impact that his cancer and its treatment had on his life:

"I've had to deal with the throat cancer – being able to speak again, feed myself again...all of this stuff I'm grateful for, but it's hard. I still have to concentrate to swallow properly. And I can't eat my favorite foods."

Similarly, Jim Kelly, former quarterback for the Buffalo Bills, was diagnosed with oral cancer in 2013. Kelly underwent surgery to remove a portion of his jaw and underwent chemotherapy and radiation treatments. Although his cancer is now in remission, the treatment left him with significant facial scarring and difficulty speaking. Kelly has used his platform to advocate for oral cancer awareness and early detection.

Several years ago, the husband of one of our dental assistant had to go through oral cancer treatment. He lost most of his inner throat and had to get his stomach stretched up to the back of his mouth. He wasn't able to eat solid foods for 2 years or so. He had never smoked a day in his life. One of our hygienists had a friend in San Diego with a very similar story. If found earlier, it could have been life changing.

During Oral Cancer Awareness Month, take the time to learn more about oral cancer and the steps you can take to reduce your risk. If you notice any unusual changes in your mouth or throat, such as sores that don't heal, persistent hoarseness, or difficulty swallowing, be sure to give us a call right away. With early detection and prompt treatment, we can work to prevent the devastating effects of oral cancer. At your regular dental checkups and preventative cleanings or gum maintenance, ensure you get your annual oral cancer screening.

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Dr Tyler Williams

SLEEP NO MORE
 WHO YOU MEAN IT!
 "Whoever is Get Better Sleep, Without Snoring"
 "A Book for Better Sleep"
 by Dr. Tyler Williams

If there is anyone in your life that is constantly complaining about the comfort or appearance of their smile, Who never gets good sleep or keeps their bed partner awake tossing and turning and snoring. Please share one of our books with them.

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20 Years Ago: April 2003

- ◆ The 2003 Masters Tournament in golf, which was won by Mike Weir, becoming the first Canadian to win a major championship in golf.
- ◆ Saddam Hussein regime falls" - On April 9, 2003, U.S. troops entered Baghdad and toppled the statue of Saddam Hussein, signaling the fall of his regime.
- ◆ The outbreak of severe acute respiratory syndrome (SARS), which was first reported in China in November 2002, continued to spread around the world, causing panic and concern.
- ◆ "Michael Jordan retires from basketball for the third time" - On April 16, 2003, Michael Jordan announced his retirement from professional basketball for the third time.
- ◆ "Venus Williams wins Family Circle Cup" - On April 20, 2003, Venus Williams defeated Conchita Martínez to win the Family Circle Cup tennis tournament.
- ◆ "Metallica sues file-sharing company Napster" - On April 14, 2003, Metallica filed a lawsuit against file-sharing company Napster, claiming that the company was facilitating copyright infringement by allowing users to download their music for free.
- ◆ "Alex Rodriguez signs record-breaking contract with Texas Rangers" On February 15, 2003, Alex Rodriguez signed a 10-year, \$252 million contract with the Texas Rangers, making him the highest-paid player in baseball history at the time.
- ◆ "Martina McBride releases 'Martina' album" - On April 15, 2003, Martina McBride released her eighth studio album, simply titled "Martina," which included the hit single "This One's for the Girls."

“Welcome to the team Crystal. We are so excited for you to be our new treatment coordinator!”

Crystal

Ashley

We love celebrating with our patients.
Happy Birthday Ashley!

How Is Your Sleep?

Find out what most Doctors & Dentists won't tell you about this controversial topic, and join us for a fun and lively Sleep Seminar presented by Dr. Williams on May 11th from 5:30-6:30 PM.

Join us for a fun and entertaining Better Sleep seminar, with 6 ways you (or your bed partner) can start sleeping better tonight.

Light food and drinks provided. Limited seating available.

Call or text (801) 268-2323 to grab your seat while they last !

If you have any compliments, questions or concerns, please text Dr. Williams at (801) 268-2323, he'd love to hear from you!

Living Longer and our Mothers

Recently I read an article on CNBC, two 100+ year-old sisters on how to stay mentally sharp as you age, and the impact they've had on the lives of those around them. The two sisters, Shirley Hodes and Ruth Sweeney, who are 106 and 103 years old respectively, shared their secrets to staying mentally sharp as they age. They attribute their longevity and mental acuity to a healthy lifestyle, including a balanced diet, regular exercise, and engaging in mentally stimulating activities.

Here are the 4 tips I took away from their impressive age, and how you can benefit from their experiences:

1. Work. Shirley worked as a seamstress, while Ruth was a hairdresser. Both sisters worked well into their 80s and attribute their mental sharpness to their continued engagement in work and other activities. They believe that having a sense of purpose and continuing to work or engage in hobbies keeps the mind active and engaged, which helps to keep our minds and bodies sharp as we age.
2. Appreciate. Many recent studies have shown the mental and physical health benefits of showing gratitude and being appreciative. Shirley says, “You can't have everything,” and “When you have the important things in life, you have to realize it.” She goes on to say, “My secret? I'm a lucky person. Although I've had illnesses and problems, I've overcome them...I'm in decent health, enjoying health, thankful for a wonderful life. That sustains me and keeps me going.”
3. Connect. The sisters emphasize the importance of staying connected with loved ones and maintaining a positive outlook. They suggest reaching out to friends and family regularly, volunteering, and engaging in activities that bring joy and fulfillment. Ruth stresses the importance of having a positive attitude and focusing on the good things and good people in your life, rather than dwelling on negative experiences.
4. Learn. The sisters discuss the importance of mental stimulation and continuous learning. They suggest reading books, doing puzzles, and learning new skills as ways to keep the mind sharp. They note that learning keeps the brain active and engaged, and that it's never too late to start.

At Pinecrest Dental, we appreciate all of you who are daughters, wives, and mothers and your relationship with us as patients and guests in our office. I couldn't be where I am today without a wonderful mother and example in my life, as well as grandparents, in-laws, neighbors, and friends who have inspired and guided me. We hope each of you live long, healthy, and inspired lives.

Happy Mother's Day!

Dr. Tyler Williams

Dr. Tyler Williams

Better Sleep SLC
Pinecrest Dental

BOOK RECOMMENDATION

"Crucial Conversations: Tools for Talking When Stakes are High" by Kerry Patterson, Joseph Grenny, Ron McMillan, and Al Switzler, emphasizes the importance of effective communication in high-stakes situations.

In order to achieve success, we need to be able to handle difficult conversations with empathy, openness, and mutual respect.

The book provides a step-by-step guide to help you navigate these conversations and achieve positive outcomes.

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crucial conversations

TOOLS FOR TALKING WHEN STAKES ARE HIGH

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Donate your used bikes or bike equipment to our new charity, Smiles for Cycles. We'll ensure your bike finds a great new home with a child or adult in a low income community.

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Alzheimer's No Longer A Brain Disease?

According to new science from the Krembil Brain Institute at the University Health Network in Toronto, Alzheimer's disease may not only be a brain disease, but rather an immune system disease caused by chronic inflammation that starts outside the brain.

Inflammation elsewhere in the body, such as in the gut, may travel to the brain and trigger the disease. Certain lifestyle factors like diet and exercise are linked to chronic inflammation, supporting the notion that Alzheimer's has gut origins. Just as Hippocrates, the father of modern medicine suggested more than 2,000 years ago, “all disease begins in the gut.”

This new perspective may lead to more effective prevention and treatment strategies targeting systemic inflammation as the cause of other diseases.

