

MAGICAL SMILE NEWS



**Jason Hong, DDS and
Kathy Lam, DDS, P.C.**

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Dental Definitions: Sealants

Sealants are resin material applied to the back teeth to protect the enamel from plaque and acids. They bond into the depressions and grooves (pits and fissures) of the chewing surfaces of the back teeth.



The benefit of sealants is that they protect these vulnerable areas by "sealing out" plaque and food. Sealants can be applied quite easily and it takes only a few minutes to seal each tooth - without anesthesia!

They are ideal for children, because the risk of decay starts early in life, but many adults can benefit from sealants as well.

Ask us how sealants can help your oral hygiene program.

Three popular events are celebrated during May:

***Mother's Day** is celebrated around the world in honor of mothers. It is celebrated on various dates but, most commonly – as in the United States – on the second Sunday of May.*

***Armed Forces Day** is celebrated the third Saturday of May to honor Americans serving in the five services – the Army, Navy, Marines, Air Force and Coast Guard.*

***Memorial Day** is a federal holiday celebrated on the last Monday of the month in memory of those who died while serving the United States in war. It has been observed since 1866.*

Meet the New Natural Barbie

By Elise Solé, Shine Staff | Healthy Living

Ever wonder what Barbie would look like with a make-under?

A photo, posted to Imgur and attributed to "Eddi Aguirre" has emerged of the famous blonde bombshell in her most natural, makeup-free state—with freckles, under-eye circles, frizzy hair, acne, and braces.

It's not the first time the 54-year-old's looks have caused controversy. Although she has an impressive resume (holding myriad jobs from paratrooper, nurse, and even astronaut), owns her own property, and has been in a committed relationship with Ken for over 50 years (save for that short-lived breakup), it's her flat stomach, perky breasts, and flaxen hair that have been the subject of scrutiny since 1959 when she first debuted in stores. Long criticized for her unattainable proportions, she's been blamed on a global scale for everything from eating disorders (according to The Washington Post, "Sleepover Barbie" came with a bathroom scale) and discouraging girls from education (In 1992, "Teen Talk Barbie" said things like, "Math class is tough"). She has evolved herself accordingly, gaining weight in her waist throughout the years.

Barbie has experimented with styles before (tattoos, motorcycle jackets) and even shaved her head in 2012 to appeal to children dealing with hair loss, but her new natural look may be the closet she's gotten to resembling a real person (at least in the morning).

Surprisingly, the response to her natural look has been mostly negative. "Her hair needs some work," wrote one commenter. "A doll with an incredibly sick look? Like she's got an awful hangover or renal failure? Which child would want it?" wrote another. And: "It's the way her eyes are



swollen, puffy--signs of a hangover or, in the extreme, kidney failure."

Can Barbie ever win? "It's human nature for people to build up iconic figures and then tear them down," says Fran Walfish, Psy.D., a child and family therapist based in Beverly Hills, CA. "We idealize public figures because we want something to aspire to but our standards are impossibly high. And when these icons inevitably misstep, we feel disappointed and angry that our hopes have been dashed." In the case of Barbie, Walfish speculates that the person who posted the image may have been trying to convey that under all the sparkle and glamour, Barbie is just a normal woman with run-of-the-mill flaws. "Barbie with braces and acne looks very much like the type of women and girls who come into my practice," says Walfish. "Perhaps this new image is a good thing.

Riddle Quiz of the Month

This Month's Quiz Question:

What do you get when you cross a computer with an elephant?

Answer the Monthly Quiz Question from our website starting on the 10th of every Month. This ensures everyone gets equal opportunity to answer the quiz question!

JasonandKathyDDS.com

*'Tis the season for Home Improvement. First patient to correctly answer this month's Quiz Question wins a **One Year Complimentary Membership to Angie's List!***

"A warm smile is the universal language of kindness." - William Arthur Ward

National Melanoma Skin Cancer Awareness Month

Where skin cancer statistics are compiled, it has been shown that the skin is the most common type of skin cancer in the United States and many other countries. Skin cancer is more common in people with lightly pigmented skin; white people are more at risk. Those with fair or blonde hair, blue or green eyes, and those who burn easily are also more likely to get skin cancer.

Melanoma is often caused by exposure to high levels of sunlight. A mole can become malignant (cancerous) often years after the skin has been burnt (often after sun bathing or using sun beds). One or more blistering sunburns during childhood or teenage years can cause skin cancer many years later. Whilst previous exposure to the sun and sun beds are established risk factors, melanoma and other skin cancers can still arise without overexposure to sun and light. Please consult a suitable healthcare professional if you have any concerns with your skin.

Melanoma / Skin Cancer Detection & Prevention Month coincides with Melanoma Monday, an annual awareness day on the first Monday of May each year.

The aim of Melanoma Monday is to raise awareness about melanoma. Melanoma is an aggressive form of skin cancer in which cells within moles on the skin becoming malignant (cancerous) and can spread rapidly to other areas of the body if left untreated.

Of the different types of skin cancer, melanoma is the most deadly and accounts for about 75% of all skin cancer fatalities.

Melanomas can also develop in other areas of the body such as the eye, underneath nails and inside the nose and mouth. Whilst melanoma is thought to be a less common form of skin cancer, in recent years the incidence of melanoma seems to be increasing.

Raising Awareness About Melanoma Risk Factors

Melanoma is more common in people with white, fair skin and those who have experienced high levels of UV exposure. Sun burns, often experienced during childhood and the use of sun beds are two risk factors associated with melanoma.

Melanoma Monday aims to encourage people to examine their skin regularly and seek medical assistance if there are recognized signs of a malignant mole. Early detection and treatment is associated with a much higher survival rate.

By educating the public about melanoma and encouraging early detection, Melanoma Monday have helped saved lives.

'See Spot Check Spot' - Melanoma Warning Signs: ABCDE

To help spread awareness and make the melanoma warning signs memorable, the signs of a possible malignant mole can be abbreviated to the mnemonic: ABCDE

A - Asymmetry: is the mole asymmetrical? If you imagine a line drawn across the center of the mole, if the two halves do not match then they are considered asymmetrical. If you have an asymmetrical mole seek medical assistance.

B – Border: does the border or edge of the mole look uneven? If so, please seek medical advice.

C - Color: is the mole one uniform color? If there are several colors or shades of a color within a mole this could be a warning sign. Seek medical assistance.

D – Diameter: how big is the mole? Melanomas often have a diameter of 6mm (1/4inch) or more (diameter is the length across the mole).

E - Evolving: has the mole changed in shape, size or color? Have you noticed any other changes such as bleeding, itching or puss coming from the mole? These may be signs of a malignant mole so seek medical assistance.

As with many other types of cancer, treatments are more successful when there is early detection.

The Month of May

National Melanoma Skin Cancer Awareness Month

Designated by the American Academy of Dermatology, National Melanoma Skin Cancer Prevention Month aims to raise awareness about skin cancer, increasing the chances of early detection so treatments can be given early. It's vital that skin cancers such as melanoma, a rarer & often deadly form of skin cancer, is treated early as later stage treatments are not normally effective.

There is no reliable cure for melanoma. In most cases, all the surgeon can do is cut cancerous tissue from the body by removing malignant moles, the skin surrounding the malignant mole, and removing nearby lymph nodes if the cancer has spread. Melanoma does not respond well to chemotherapy and the effects of drug treatments are quite limited. Once melanoma has spread to other parts of the body life expectancy can rapidly diminish. Thus, early detection and surgical intervention is vital.

American Academy of Dermatology(AAD)

PO Box 4014
Schaumburg, Illinois 60618-4014

Phone: 866-503-SKIN (7546)

Website: www.aad.org

Welcome New Patients!

Welcome to our new patients that became members of our practice family this last month! We'd like to welcome you publicly, and wish you all the best!

Verkata A., Vikram B., Beth B., Cheryl C., James C., Kevin C., Michael H., Brett J., Richard K., Juliana M., Patricia P., Darlene R., Ila R., Scott R., Alma S., Marie V., Mike W.

We love giving recognition to our new friends and our wonderful existing patients who are kind enough to refer their friends and relatives to us!

Heartfelt Thanks for the Referrals

Our practice is built on word of mouth advertising and we would like to thank the following people who were kind enough to recommend our services to our new patients.

Maria K., Mark N., Lynshawna S. Patrick S., Cherry V., Cheryl V., Diana W., Morgan W.

Thank you so much!

Attention!

Due to the intersection improvement project at Ogden Avenue and Pasquinelli Drive, be sure to give yourself plenty of time to arrive at your appointment on time.

Expect about 15-20 minutes of delay westbound on Ogden Avenue and exiting Route 83!



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