

# Where Illinois Smiles

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DAVID RICE DDS

For Confident Smiles

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## Her SMILE had NOTHING to fear!

**A**fter relocating to the Elgin area from South Dakota, Jeannie LeDoux asked a neighbor to recommend a dentist. This is how Jeannie first came to meet Dr. David Rice 18 years ago. As she recalls her panicked first visit, she now laughs. Fortunately, it was a moment that led to many years of healthy smiles.

Jeannie described past bouts of claustrophobia. "I couldn't stand to have anything in my mouth or to sit in the dental chair," she shares. "I'd feel like I couldn't breathe." With Dr. Rice and his staff unaware of her condition, they were shocked when this new patient suddenly broke into tears and announced, "I have to get out of here! I can't do it!"

What happened next, Jeannie explains, formed a relationship of trust that transformed her ability to achieve excellent dental health. "He was so kind and wanted to sit down with me to talk about it," she states. "Rather than wanting to get me out of his practice, he said this was something I needed to work through." Jeannie goes on to say how much Dr. Rice impressed her with his understanding and concern.

Dr. Rice researched the phobia to be able to talk

Jeannie through her fears. "I felt so foolish and he helped me overcome that," she adds. "I trusted him and to this day consider him one of the kindest and most wonderful people I've ever met."

As Jeannie became more relaxed in the dental chair, Dr. Rice began to restore her dental health at a pace that was comfortable for her. Through the years, he has completed many treatments on Jeannie, all with her very much at ease throughout each procedure.

Recently, Jeannie had porcelain veneers placed on upper front teeth most visible in her smile. "When he finished, I looked in the mirror and was so tickled, I hugged him!" she says. "I've never known a dentist as good as Dr. Rice. He gives you choices, his work is always superb and he stays on top of new procedures and new and better ways."

Jeannie's husband, David, has also been a longtime patient. Jeannie describes him as a former dentist hopper. She explains how he would go to a dentist only when something had to be done and bounced around from dentist to dentist, until he saw Dr. Rice. "He's never gone anywhere since," Jeannie says.

However, the praise for Dr. Rice's office isn't reserved entirely for him. Jeannie is quick to share

her appreciation for his staff. "His staff is so well-trained. They are all so professional, yet so friendly and kind," she adds.

Jeannie and David are empty nesters now, but far from idle. With seven grown children and a growing number of grandchildren, they truly savor time with family. Jeannie continues to work full-time as an accounting manager, which she also juggled for years with a houseful of growing children.

With much to smile about, she shares, "I used to be so frightened. I can't imagine ever going to another dentist. He totally gets it - what more could you want!"

If you know someone who has fears or conditions that prevent them from achieving a healthy, confident smile, suggest they call Dr. Rice for a private, no cost consultation visit. Together, they can discuss treatment options and determine the best way to fulfill their smile goals!

## Thank You For Referring Others!

because of your recommendations. Thank you for your words of praise to others who desire confident smiles!

## Added COMFORT You Can SEE And HEAR!

**Y**our next visit to Dr. Rice's office will surround you with even greater comfort! "From the first patient I ever treated," Dr. Rice says, "my biggest concern has always been patient comfort. When my patients are relaxed, I feel their overall experience is more positive."

To help patients relax and have entertaining distraction, Dr. Rice recently equipped treatment rooms with **STEREO HEADSETS**, allowing you listen to selected music throughout your care.

Added features are **PLASMA TV SCREENS** in treatment rooms. Patients can now relax during treatment as their favorite DVD plays on an LCD screen. When needed, oral images of their mouth can be displayed to enhance their understanding of treatment discussions. Tilted and aligned at a comfortable angle for patients in the chair, this technology won the "Dental Innovation of The Year" award.

New technology, combined with a gentle touch and exceptional skills, help create an optimal experience and outcome for you, at every visit!



**I**t is always a pleasure to welcome new patients, especially those who come



# ORAL CANCER

## SIGNS & SYMPTOMS

**E**very hour, an American dies from oral cancer. The death rate of oral cancer is higher than cervical cancer or melanoma. It is the seventh most common cancer among males with incidence and mortality rates almost three times higher for men than women. Although the average age of oral cancer diagnosis is 60, an increase has been recognized in younger adults.

Oral cancer includes cancer of the tongue, lip, palate, floor of the mouth, gum tissue, and oropharynx. Most dental check-ups include an annual examination for signs of oral cancer. Most lesions grow slowly; however, some double in size within a few days or a week. Being aware of the signs and symptoms of oral cancer is in the best interest of your health. These include:

- A sore in the mouth that bleeds easily and does not heal
- Pain, burning sensation, or numbness in the tongue or other areas in the mouth
- Change in texture of the tongue
- Sore throat or feeling there is something stuck in the throat
- Change in voice or hoarseness
- White or red patch on tongue, gums or tonsil
- Browning discoloration that borders the lip
- Lump, ulcer, or swelling of jaw, neck or oral tissues
- Thickening of soft oral tissues of the mouth

Certain risk factors contribute to the susceptibility of oral cancer. In addition to genetic predisposition and dietary deficiencies, oral cancer risk is heightened by smoking, chewing tobacco, excessive alcohol consumption, exposure to fossil fuels, and viral infections. More than 30% of lip cancer occurs in those who have outdoor occupations with prolonged sunlight exposure.

Naturally, early detection is vital, with survival rates as high as 81%. Late intervention has an average survival rate of 17% or less.

*"Preventive measures are important," states Dr. Rice. "A diet sufficient in Vitamins A, E, C and iron along with moderation or abstinence in smoking and alcohol is advised. Have a yearly oral cancer screening and never ignore unusual symptoms in the mouth or throat. This is especially important for males over the age of forty."*

# Soft Drinks

Can Be **HARD** On

# Your Teeth!

**A** recent study published in *General Dentistry* warns that diet colas can cause just as much harm to teeth as those sweetened with sugar. Tooth decay, it explains, occurs from acid attacks, not just sugar. Acidic flavor additives in both versions of colas attack enamel. Highly acidic beverages such as Sprite and Mountain Dew were cited as most harmful. Root beer seems to be less harmful than most.

The recommendation for those who love their colas and just can't give them up? Dr. Rice advises patients to drink soft drinks with food rather than between meals. This helps to decrease the amount of acid attacks your teeth endure during the day.