



## Helping Out: "Smile for Deb"

Lending a hand or meeting a need! I've seen this happen many times to the benefit of someone in our community. While I am a part of a wonderful group of co-workers, I am grateful to know and work for Dr. Kuhn. He leads the way in generosity and compassion toward others.

One such example was the recent, successful benefit for the Gregor Family in our community. While spear-heading the event, Dr. Kuhn challenged other businesses and professionals to participate to make this a success.

"Deb Gregor, also known as 'Southern Pines Sweetheart', has been a familiar smiling face in such local businesses as Chef Warren's, The Wine Cellar and Tasting Room, The Holly Inn and Carolina Eye," said a spokesman.

Two years ago, Gregor was struck down with leukemia. After months of intensive chemotherapy at Bowman Gray Hospital, she was declared cancer free and returned to Southern Pines for physical therapy for the nerve damage in her legs that resulted from the chemotherapy.

After a year of positive check-ups, Gregor received the discouraging news from her bone marrow test that the leukemia had returned. She returned to the hospital for nearly six months of even more intensive chemotherapy, and has once again been declared cancer free.

Through all this, Gregor, a single mother, was blessed to have her son, Ricky, 22, and an employee of the Holly Inn, living at home, caring for her and providing financial support to the best of his ability.

On Christmas Day 2004, Ricky was returning from picking up and dropping off a friend from the Raleigh airport when, out of exhaustion, he fell asleep at the wheel, and his car struck a tree. He shattered his pelvis and sustained other injuries.

Now, he is slowly recovering, with severe nerve pain, Gregor, with her own weakened condition, is attempting to care for Ricky now, with the help of his father and grandmother. Neither Gregor or Ricky was able to afford health insurance.

After an evening of fun and festivity, hosted by Mint Julep's Nightclub in Southern Pines, winners walked away with the Grand Prize of \$500, and 2nd and 3rd prizes of dinners at Chef Warren's. There was also a rare three liter bottle of Italian wine from The Wine Cellar and Tasting Room. Dr. Kuhn provided a donation from "In Office" smile enhancement in honor of Deb's smiling face! In addition, there were donations of merchandise, artwork, services and cash by many caring folks in our community.

To date, nearly \$20,000 dollars was raised to help provide some relief for the Gregor family. And that should put a smile on all our faces!

*Shelby Decker*

## Buy bottled water with fluoride

When fluoride was added to drinking water, the incidence of dental cavities declined. But because many children in the U.S. are drinking bottled water without fluoride, there has been a resurgence of cavities, says the Academy of General Dentistry.

Most bottled waters are now fluoridated, but not all. Read the labels to be sure you get one that contains fluoride.

Other tooth savers include breads and juices fortified with calcium. The best remedy is still plain old milk, which promotes strong bones and teeth.



## 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. Rootbeer seems to be less harmful than most.

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

## Thank You for Referring Others!

**It is always a pleasure to welcome new patients, especially those who come because of your recommendations. Thank you for your words of praise to others who desire confident smiles!**

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## 2005 is off to a TERRIFIC START!

• Since Dr. David Kuhn and Dr. Walter Morris joined together in January, the doctors, team members and patients have seen positive changes continue. We'd like to share some of the comments we've heard...

• Nancy, Patient: "As a patient for over 4 years, I'm thrilled with the new look and feel of the office. It's nice to know that both doctors are available for my dental care, no matter what needs arise."

• Markie, Team Member: "We all feel we're members of an expanded family. Our new team and the enlarged office have created a positive flow that patients can enjoy from the moment they enter."

John, Patient: "As a fairly new patient, it has been exciting to see the changes taking place. I'm amazed at how smoothly things have been and how well my procedures have gone during the transition."

Dr. Morris: "This transition has unified the best of both offices into one, fully comprehensive environment for dentistry. I am pleased that blending my practice with Dr. Kuhn's has expanded the advantages for both existing and new patients."

Amy, Patient: "What a great place! This doesn't seem like a dental office... everyone is so great and I actually look forward to being here!"

## Oral Cancer Signs & Symptoms

Every 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.

"Prevention is certainly important," states Dr. Morris. "A diet with sufficient amounts of Vitamins A, E, C, and Iron is recommended along with moderation or abstinence in smoking and alcohol. Plus, never ignore unusual symptoms in the mouth or throat and have an oral cancer screening each year. This is especially important for males over the age of forty."

## SPOTLIGHT ON

### Meet our Concierge, Cathy!

The warm smile you see when you arrive belongs to Cathy Stout who greets patients and makes sure they are comfortable during their brief wait. Born and raised in Idaho, Cathy is a graduate of UNC at Charlotte and has been a long time patient. She and her husband have two sons who've blessed them with three grandchildren. Cathy's list of favorites include:

Favorite Books: "The Fountainhead" by Ann Rand

Favorite Food: "All of them!"

Favorite Quote: "Life is earnest, Life is real."

Favorite Trip: "To Lake Louise in the Canadian Reserve"



## TODAY'S

### Options For Confident Smiles!

In order to expand public awareness of the latest choices in dentistry for replacing teeth and creating confident smiles, Dr. David Kuhn provides seminars for the public. These informative gatherings address tooth loss and the resulting reduced function that affects overall health. You'll also learn about ways to create more appealing smiles with cosmetic and restorative dentistry and hear from others who have completed treatment and are happy to share their experiences and answer questions.

Even if you are pleased with the health and appearance of your smile, these can help you understand your choices for future needs (for yourself or someone you love) and the process involved for treatment. To attend an upcoming "Today's Options For Confident Smiles", call 1-800-682-4191 for dates and locations.

