

ORAL CANCER

How common and how serious is oral cancer?

Oral cancer, the sixth most common cancer, accounts for about 3.6 percent of all cancers diagnosed, with roughly 40,000 new cases of oral cancer reported annually in the United States. If not diagnosed and treated in its early stages, oral cancer can spread, leading to chronic pain, loss of function, irreparable facial and oral disfigurement following surgery, and even death.

What causes oral cancer?

Scientists aren't sure of the exact cause of oral cancer. However, the carcinogens in tobacco products, alcohol and certain chemicals, as well as excessive exposure to the sun have been found to increase the risk of developing oral cancer. Risk factors for oral cancer may also be genetically determined.

What are the warning signs?

Oral cancer—represented by red, white or discolored lesions, patches or lumps in or around the mouth—is typically painless in its early stages. See us immediately if you observe: any sore that persists longer than two weeks; a swelling, growth or lump anywhere in or about the mouth or neck; white or red patches in the mouth or on the lips; repeated bleeding from the mouth or throat; difficulty swallowing or persistent hoarseness.

What can I do to prevent oral cancer?

Oral cancer accounts for roughly 9,000 deaths annually (about 3 percent of all cancer-caused deaths). You can help prevent oral cancer by not smoking, using spit tobacco or drinking excessive alcohol. Periodic panorama x-rays help detect bone cancer, and a regular dental examination helps detect soft tissue cancer. If you are overdue for an exam, please call us.

JIN SHIN JYUTSU

A few months ago, I was in a state of panic out of concern over my wife, who had been suffering with neck pain for 4 months, with no relief in sight. We had sought the advice and treatment of medical doctors, acupuncturists, massage therapists, and chiropractors with only minimal success. I then remembered my patient, Rita Grove, who mentioned to me one day after dental treatment that she had quite a bit of success healing a variety of ailments using an ancient Japanese practice (Jin Shin Jyutsu) that balances your body's energy by using hands and fingers placed in certain key positions on the body. After one 2 hour + session, Janeen's pain was gone and has not returned in 5 months. I was deeply moved by her miraculous recovery, and my enthusiasm became infectious. Along with me, many of the staff (Crickett, Jocelyn, April and Linaka) participated in a 16-hour Jin Shin Jyutsu self-help class. It was great!

The next time you come to visit us, please ask me or one of my trained staff for guidance. The technique is non-invasive, simple and powerful. I envision patients receptive to our suggestions, becoming more relaxed and comfortable, feeling better than they did before visiting our office. Breathing differently and/or holding one or more of their fingers in a certain manner while receiving dental treatment could bring about positive results.

TESTIMONIALS

Before this happened to me, I never would have considered myself a claustrophobic person. I needed an MRI done last May to check a lump that I had noticed on my head. When I got there, they asked me if I was claustrophobic. No, I said, and got ready to do the MRI. They strapped me down and taped my head in place, then put a plexi-glass shield over my face and started the procedure. The MRI machine is a long tube-like device that your whole body slides into. After about 1 minute, I could feel my heart rate rising and I felt a panic like I've never felt before. I hit the panic button and asked them to get me out fast.

Well, I could not compose myself enough to go back in again. My hands were shaking and sweaty. I felt nauseated and dizzy. I was hyperventilating and scared. I said I had to get out of there and would reschedule sometime. They told me it was a normal reaction for someone who was claustrophobic and that maybe I should try some drugs next time.

A month went by before I had the courage to reschedule. I got some drug to "take the edge off" from my doctor but I was still really scared. If I just thought about the MRI, I could feel the panic rising inside. I knew that the drugs would not be enough and short of putting me out I could not do it without more help

That's when I remembered Dr. Doi. I remember being in his office and reading something about him helping people that are afraid of needles and dentists through hypnosis. I called him and asked if he could help me. He said he would be happy to try. I went to his office early the morning the MRI was scheduled. He explained how he was going to re-program me by using a method called neurolinguistic programming. It took him about 15 minutes and was completely painless.

Briefly, he had me visualize the MRI and everything leading up to entering it, like being strapped down etc...and had me face my fears "head on" so to speak. Then while pressing pressure points on my hand and elbow, he had me visualize something, in my case it was an experience that was completely wonderful and joyful. We went through the same routine about 3 times and then stopped.

I wish I could explain the wonderful calm feeling that came over me. Suddenly I became very aware of the music playing in his office. "When did you turn that music on?" I wanted to know. Dr. Doi said that it had been on the whole time. Then again, he had me close my eyes and think about the MRI, but this time the panic didn't take over and instead of my pounding heart, all I could hear was beautiful music playing. I thanked him and off I went to Hilo Hospital.

I can't explain it, but that wonderful calm feeling stayed with me throughout the whole MRI procedure and everything leading up to it. I had no problems or feelings of anxiety whatsoever. I was able to lie on that table under the same conditions for 45 minutes. They put earphones on me and played soothing music just like last time, but unlike last time, this time I heard the music and was able to enjoy it.

I still don't really understand what happened or why, but all I know is it worked and I thank Dr. Doi for helping me get through it.

Joan Brotman
Kamuela, HI