

Can brushing your teeth help save you from heart attack, stroke, cancer, or even a low birth-weight newborn?



What you don't know about your smile can kill you

Every 60 minutes one person dies from oral cancer in our country. It affects people of all ages, nationalities, and walks of life. Every year, the numbers are growing. For over 40 years, the survival rate has NOT improved. Why? Because most Americans have not been taught where to look, how to look, or what to look for when it comes to oral cancer. Also, most people do not know about a nationwide epidemic that, in the past 6-8 years, has added to alcohol and tobacco as a growing and serious risk factor for oral cancer.

Awareness and early detection of oral cancer will save lives!



Along with risk awareness, the simple self-examination of your mouth that I have developed and named "S. M. I. L. E." is what you need to save your own life.

Jonathan A. Bregman, DDS, FAGD

International expert on oral cancer awareness and prevention

Dr. Jonathan A. Bregman is a dentist and a Fellow in the Academy of General Dentistry. For more than 30 years, Dr. Bregman has been a clinician, speaker, coach, consultant, and author who inspires the many lives he touches. Students, fellow professionals, and the public rave about his energetic, passionate, entertaining style that motivates and keeps everyone coming back for more.

Dr. Bregman, the author of numerous articles, is a sought after speaker on clinical and professional management topics in dentistry both nationally and internationally. In his work with the public, he shares his commitment to increase awareness of the mouth/body connection particularly in April, 'Oral Cancer Awareness Month'.

He is an active member of numerous professional associations including the American Dental Association, The Academy of General Dentistry, The Academy of Oral Systemic Health, The Academy of Dental Management Consultants, and the National Speaker's Association.

Available Nationwide
in person and via telephone:
Call: **919-949-2392**
(New York City)

- **What you don't know about your smile CAN kill you!** — 5 Simple steps... or S.M.I.L.E. ... can save your life through early detection of oral cancer.
- **Why do so many people know about the breast self-exam and so few about a simple mouth self-exam?** — Why it is time to address oral cancer as a major health risk.
- **Two key behaviors play the biggest role for increased risk of oral cancer in teens and young adults.** — Learn what they are and what you can do to stop this frightening trend.
- **Can brushing your teeth help save you from Alzheimers, heart attack, stroke, cancer, or even a low birth-weight newborn?** — Gum disease affects 75% of adults making it the most common disease known to humankind. By learning how you can recognize and treat this disease in your own mouth, you can stop its damaging effects.
- **How a simple piece of plastic can save your bedpartner and improve your relationship!** — Sleep disturbances such as excessive snoring or frequent stoppage of breathing (or sleep apnea) can lead to heart attack and numerous other serious diseases. Now a simple plastic device fitted to your mouth can help reduce or eliminate these sleep disturbance problems.
- **They are not "just baby teeth".** — Learn how needed care of your child's teeth can affect both their current and future health.

"Make Someday Now..Go From Dreaming to Doing-FAST!" (Coming Soon).

When a person gets another chance at life, what are the things they wish that they had done 'someday' that they now become determined to do today. Be inspired to re-think your own 'someday list' and go from dreaming to doing-FAST!

Can I live NOW not SOMEDAY?... YES..be inspired to wait no longer to make your dreams a reality. So many people wait to 'live' until it is too late. Be inspired to live without regret, decide what you really want in your life ...and go for it NOW!

