

News from Dr. Lenihan

Spring 2015

Congratulations Deanna!

Everyone here at Dr. Lenihan's office would like to extend congratulations and gratitude for the 20 years of service, dependability, and friendship that Deanna Hutcheson has given us. Her contributions have been a driving force behind creating patient – centered practice we have today. For two decades her skill and grace have provided unwavering concern for our patients. You are truly indispensable, Deedee.

The Link between Gum Disease and Alzheimer's

According to a study from the University Of Florida College Of Dentistry, there is an association between Periodontal Disease and Alzheimer's disease. Lakshmyya Kesavalu, (an associate professor) and other researchers examined samples from the brains of patients with and without Dementia. An oral bacterium Porphyromonas gingivalis was found in 4 out of 10 Alzheimer's disease brain samples. It was not found in any of the brain samples from the people who did not have Alzheimer's. More information can be found about periodontal disease and association with Alzheimer's in the July 2013 edition of "Journal of Alzheimer's Disease".

Monthly Drawing Winners

Our monthly drawing winner for February was Patrick Gallardo. Patrick won a Waterpik flosser!

March's monthly drawing winner was Melinda Bishop. She won a gift certificate to go eat at Aubrey's restaurant.

If you would like to win one of our great monthly drawings, be sure to enter your entry at your next appointment!

April is National Facial Protection Month!

The American Dental Association and the American Association of Oral & Maxillofacial Surgeons stress the importance of mouth guards with the start of spring sports. The list of activities in which mouth guards are recommended is expanding. Along with martial arts, boxing, soccer and football, participants in volleyball, softball, baseball, bicycling, and even cheerleading, are now advised to wear mouth guards. The National Youth Sports Safety Foundation forecast last year that some 3 million teeth would be knocked out as the result of youth sporting events. Technology today provides us with an array of mouth guards and Dr. Lenihan can make a custom mouth guard that is both comfortable and protective. Injuries are unpredictable; a well-fitting mouth guard is your best ally against injuries to your mouth and jaw.



Elite Dental Care
William S. Lenihan III, D.D.S
400 Laboratory Road, Suite 104
Oak Ridge, TN 37830

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**Check out our
New website
& Facebook!**

Chicken and Strawberry Salad

Dressing:

1 tablespoon sugar
2 tablespoons red wine vinegar
1 tablespoon water
1/8 teaspoon salt
1/8 teaspoon freshly ground black pepper
2 tablespoons extra-virgin olive oil

Salad:

4 cups torn romaine lettuce
4 cups arugula
2 cups quartered strawberries
1/3 cup vertically sliced red onion
12 ounces skinless, boneless rotisserie chicken breast, sliced
2 tablespoons unsalted cashews, halved
1/2 cup (2 ounces) crumbled blue cheese

Preparation: 1. to prepare dressing, combine first 5 ingredients in a small bowl. Gradually drizzle in oil, stirring constantly with a whisk.

2. To prepare salad, combine romaine and next 4 ingredients (through chicken) in a bowl; toss gently. Place about 2 cups chicken mixture on each of 4 plates. Top each serving with 1 1/2 teaspoons cashews and 2 tablespoons cheese. Drizzle about 4 teaspoons dressing over each serving.

Office Closings

Our office will be closed on the following dates for continuing education seminars and holidays:
Thursday & Friday April 30, May 1, Monday May 25
Friday July 3. Thank you for your understanding when we must be out of the office.

Dragon Boat Race and Festival

The second annual Oak Ridge Dragon Boat Festival will be held on Saturday, May 30, 2015 at the Oak Ridge Marina and Pavilion in Melton Lake Park. The Rotary Clubs of Oak Ridge will be hosting this again and all proceeds will go back to Anderson County and Oak Ridge to help support our local organizations. An estimated 5,000 people attended last year. We are very excited to be participating in this awesome event for the second time! Dr. Lenihan and our team will have a tent there and will be handing out some very cool personalized items. We will be having a contest and giving away some amazing prizes. So please come out and see us and enjoy the dragon boat races! To find more info on this event please go to www.oakridge.racedragonboats.com

