
For Your Health

A new recommendation by the American Heart Association says that 46% of the American population will now be classified as having hypertension. Many people, more than 50 million, according to the article, are unaware that they have high blood pressure. It is so important to have blood pressure checked on a regular basis. Another article also discusses the need for blood pressure to be checked at your dental appointments. Measuring blood pressure allows Dr. Lenihan to discuss with you about your blood pressure and medications, if any, that you are taking.

We will be providing this service to you as a benefit to help you maintain optimal health. We care about all of our patients and want you to be as healthy as possible.

Out and About

Have you seen us out in the community? Dr. Lenihan, Deanna and Morgan popped into one of the ORHS ladies soccer games. Mandy and Tabitha went to an ORHS football game, handing out "I'm a Wildcat 'fans'". Our office will be sponsoring the Secret City 5k/Half-Marathon on Nov. 17th. Stop by our water station if you are running. Or maybe grab a water at an exercise class at the OR Civic Center. Let us know if you see us out and about!



Office Closings & Holidays

Our office will be closed the following days: Nov. 21, 22, 23 to observe the Thanksgiving holiday and Dec. 21, 24, 25, 26 for Christmas. Thank you for your understanding and allowing our team to spend time with our families.

Pseudo-Experts

In a recent article in the Knoxville News Sentinel, a dentist was pictured in Italy at the site of a dental manufacturing company. The view was beautiful. The trip was apparently very nice, but the concept was hollow.

Here is a dentist who "writes off" a trip by going to a dental manufacturing facility and then promotes himself as an expert. While I applaud him getting continuing education, it is the overriding self-promotion that bothers me.

To go to a few-day course and then purport oneself as an expert is a trend I have seen for years, but getting worse. In the 1980s, a 1 day course in TMJ treatment made one an expert. In the 90s a weekend course made one an Orthodontist. A 2 day course in Implants does not make one a surgical or restorative whiz. New Cad/ Cam technologies are tools ... very helpful tools to be sure, but NOT the Be-All and End-All solution.

Dentistry is a long term commitment to learning. With new digital technologies for scanning and manipulation of images, one can facilitate treatments of many kinds, BUT one's knowledge, care for the patients, and quest for learning are more important. A dentist cannot give sole license to a dental technician, who has never met or examined a patient, to properly construct a complex treatment and expect good results for the patient. It is the patients that one must care for.



Congratulations! –

Google Review Winner

Congratulations to our Google Review Winner, Laura Lynn Riden! She won a Visa gift card! You are **Google** – tastic!

How can you win?

It is super easy to leave a **Google** review and we love hearing our patient's feedback. Simply **Google** Elite Dental Care TN and find us! Then, click leave a review. We appreciate the 5 stars, but your kind words are also nice to hear! Thank you to all of those who have left a **Google** review and we look forward to hearing from others soon!

A Treat for Our troops!

Help us show support and love for our troops! Each year after Halloween, we send care packages to our troops overseas. Please join us in thanking them for their many sacrifices by bringing in your left over Halloween candy, and any other necessities or treats which you would like to donate. When you drop off the items, feel free to write words of thanks and gratitude on the pumpkin shaped notecards in our waiting room. The soldiers love this tradition of ours, and have given great response to it in the previous years.

We will be collecting items through the first week of November, and we would like to thank you in advance for your help!



What's Cooking?

Slow Cooker Creamy Potato Soup

Ingredients

- 6 slices bacon, cut into 1/2 inch pieces
- 1 onion, finely chopped
- 2 (10.5 ounce) cans condensed chicken broth
- 2 cups water
- 5 large potatoes, diced
- 1/2 teaspoon salt
- 1/2 teaspoon dried dill weed
- 1/2 teaspoon ground white pepper
- 1/2 cup all-purpose flour
- 2 cups half-and-half cream
- 1 (12 fluid ounce) can evaporated milk

Directions

1. Place bacon and onion in a large, deep skillet. Cook over medium-high heat until bacon is evenly brown and onions are soft. Drain off excess grease.
2. Transfer the bacon and onion to a slow cooker, and stir in chicken broth, water, potatoes, salt, dill weed, and white pepper. Cover, and cook on Low 6 to 7 hours, stirring occasionally.
3. In a small bowl, whisk together the flour and half-and-half. Stir into the soup along with the evaporated milk. Cover, and cook another 30 minutes before serving.

Friends and Family Benefit Card

Elite Dental Care is now offering a Benefit Card, for you, our valued patients to give a gift of Dental Care to a family member or friend. When you receive a benefit card at your appointment, write your name on the card. Give that card to a family member, co-worker or friend, as an invitation for them to join our dental family as a new patient. When they have their first comprehensive exam, the reward is applied. You will receive a \$50.00 reward credit toward your future treatment and your guest, our new patient, will also receive a \$50.00 reward credit toward their future treatment! We value our existing patients and your referrals are our best compliment!