
Breast Cancer Awareness Month

October is Breast Cancer Awareness Month. Breast cancer is the most common cancer of women worldwide. Early detection is crucial which is why October is dedicated to breast cancer awareness. One in eight women will be diagnosed with breast cancer in her lifetime. Although, not as common, men are also diagnosed with breast cancer every year.

This month serves as a reminder to schedule mammograms and do breast self-examinations. In 1992 the pink ribbon was co-designed by Evelyn H. Lauder to help bring breast cancer awareness to the forefront of people's minds. Think pink during the month of October!

We will be wearing pink during the month of October to help bring awareness to breast cancer!

Welcome Monse!!

Please join us in welcoming Monse to Elite Dental Care TN! Monse is a Registered Dental Assistant and graduated with honors from Tennessee College of Applied Technology- Knoxville. She competed in and was awarded a gold medal in the Dental Assisting competition of SkillsUSA.

Monse grew up in Oak Ridge, moved to Knoxville, and now is happy to be back in Oak Ridge with her family. You will see Monse chairside with Dr. Lenihan helping our patients achieve their optimal oral health and restoring their smile!

CONGRATULATIONS!

Last month we announced on Facebook and Instagram a giveaway of a ProSys Electric Toothbrush! A big congratulations to the winner of the random drawing, Linda Montgomery!

If you missed this drawing be sure to 'Like' us and 'Follow Us' on Facebook and Instagram @ElitedentalcareTN so that you do not miss the next giveaway!

Office Closings

So that our team can spend time with our families, our office will be closed November 24th, 25th and 26th for Thanksgiving. We will also be closed December 23rd, 24th, 27th, and 31st to celebrate the Christmas and New Years holidays. We appreciate your understanding and hope you and your family have a happy and merry holiday season.

National Dental Hygiene Month

October is National Dental Hygiene Month. We want to recognize all dental hygienists', especially our very own Mandy!, and thank them for their dedication to keeping our smiles bright! The best way to maintain good oral health between visits with your dental hygienist is to brush at least twice daily for two minutes, and floss once daily.

Maximize Your Insurance Benefit

Insurance benefits seem to be changing all the time. Premiums continue to increase as the benefit decreases. Start thinking about utilizing your remaining benefit for this year. In order for you to MAXIMIZE your remaining insurance benefits, you can schedule any necessary treatment before the end of the year. When you don't use your benefits, you may never be able to recoup the lost value. Due to holidays and end-of-year benefits, our schedule tends to fill quickly in Oct., Nov. & Dec. so, call today for your appointment!

No insurance? No problem! Our **Elite Care Value Program** is designed for people without insurance benefit. Check out our website www.elitedentalcaretn.com for more information about our Membership Program!



What's Cooking?

It's football time in Tennessee! Check out Deanna's recipe for **Ham and Cheese Sliders** for a great party/tailgating snack!

INGREDIENTS

1-12 count package Hawaiian sweet rolls, sliced in 1/2
3/4 pound thinly sliced deli ham (or turkey)
3/4 pound thinly sliced Swiss cheese (or cheddar)
1/2 cup (1 stick) butter, melted
1 Tbsp Dijon mustard
1 Tbsp Poppy seeds (optional)
2 tsp dried minced onion
2 tsp Worcestershire sauce
1/4 tsp salt
1/4 tsp pepper

DIRECTIONS

1. Preheat oven to 350. Line a 9x13 cookie sheet with foil, spray with cooking spray, set aside.
2. Using a large serrated knife, slice the rolls in half so you have a "slab" of tops and a "slab" of bottoms; don't pull the rolls apart. Place the bottom slab on the cookie sheet.
3. Melt the butter in the microwave. Add the mustard, poppy seeds, onion, Worcestershire sauce, salt & pepper, mix with whisk to combine.
4. Brush some of the butter mixture on the bottom rolls.
5. Layer ham, cheese, ham, cheese; top with the top slab of rolls.
6. Evenly & slowly pour the butter mixture over the rolls. Use a spatula to spread the mixture; some will pool at the base of the rolls.
7. Cover with foil and allow rolls to stand at room temp for 10 minutes.
8. Bake covered for 20 minutes. Uncover and continue baking 5 additional minutes.
9. Cut into individual sliders and serve warm!

Also observed this month...

October is also National Depression Screening Month and National Domestic Violence Awareness Month. National Depression Screening Month is designed to call attention to the illness of depression on a national level and designed to educate the public about symptoms and effective treatment, to offer individuals the opportunity to be screened for depression and to connect those in need to the mental health care system in Tennessee.

<https://screening.mentalhealthscreening.org/hyho>

To speak with someone about mental health or substance abuse services, contact the Helpline, Monday – Friday, 8 a.m. to 4:30 p.m. CST at 800-560-5767, email: oca.tdmhsas@tn.gov. If you or someone you know is experiencing a mental health emergency, help is available 24 hours a day, 7 days a week at 855-CRISIS-1 or 855-274-7471.

National Domestic Violence Awareness Month brings awareness to the issue of Domestic Violence. For many, home is a place of love, warmth, and comfort. It's somewhere that you know you will be surrounded by care and support, and a nice little break from the busyness of the real world. But for millions of others, home is anything but a sanctuary. The U.S. Department of Justice estimates that 1.3 million women and 835,000 men are victims of physical violence by a partner every year.

The National Domestic Violence Hotline
1-800-799-7233 (SAFE)

www.ndvh.org

National Resource Center on Domestic Violence

1-800-537-2238

www.nrcdv.org and www.vawnet.org