



www.elitedentalcaretn.com

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News from Dr. Lenihan

Fall 2024

The Importance of Your Oral Cancer Screening

Did you know, at your dental visits you are getting an oral cancer screening exam by Dr. Lenihan and Lindsey, our hygienist? We check for any suspicious areas and monitor your oral cavity at every single visit. This is why it is important for you to maintain your 6-month re-care appointments! As a patient, you should be aware of what’s going on in your oral cavity. Check out this article to see why early intervention of oral cancer is crucial to all patient’s health.

[Importance of Oral Cancer Screening | Colgate® Professional \(colgateprofessional.com\)](http://www.colgateprofessional.com)

<https://www.colgateprofessional.com/dentist-resources/patient-care/importance-oral-cancer-screening>

Maximize Your Insurance Benefits!

Believe it or not, the end of the year is soon approaching. My how the time has flown! Many of our patients have insurance plans that operate on a calendar year. If yours is one of them, now is the time to complete treatment that has been diagnosed so you can maximize your insurance benefits for this year. Not utilizing your insurance and delaying treatment is like throwing money away!

We are seeing a trend with insurance companies lowering the amounts they pay. Don’t risk having a lower benefit next year! We will be happy to schedule your necessary treatment soon! Give us a call!

Fall is typically the “renewal period” and “Opt-in period” for insurance plans. We have seen an increase in patients dropping their very low-paying retirement and Medicare level insurance plans and joining our Membership Program. When you join the Membership Program, you are not held to the frequency limitations and low payout of an insurance plan. Our annual enrollment fee includes most preventive services and applies a discount to most restorative services. Deanna is happy to discuss this with you OR you can look at the details on our website!

<https://www.elitedentalcaretn.com/patient-info/elite-care-value-program/>

OFFICE CLOSINGS

So that our team can attend Continuing Education meetings and observe holidays with our families, our office will be closed on the following dates:

Oct. 11, Oct 18, Nov. 27, 28, 29, Dec. 24, 25, 26, 27, 31 and Jan. 1.

We may be adding future Continuing Education courses in the fall. Keep an eye on our Facebook page for future closings. Thank you for understanding when we are out of the office!

Appointment Verification & Update

In order to be respectful of your time, we see all patients on an appointment basis and we try very hard to stay on our schedule. Sometimes treatment or events occur which mandate more time than was estimated. We will do our best to advise any patients waiting of any changes/delays as we are made aware of them.

If you are having a dental emergency, call us as early in the day as possible. We will make every effort to see you as soon as possible. Additionally, should an emergency arise that prevents you from keeping your reserved appointment, please call us as soon as possible. Other patients may need the appointment time for an emergent situation and the broken appointment affects them too.

We offer the opportunity for you to verify your appointments 2 weeks prior, 1 week prior, and 2 days prior to your appointment. We understand emergencies happen, and ask for 48 hour notice for all other appointment changes. Without prior notification, a broken appointment fee will be charged.



What's Cooking?

Cream Cheese Pumpkin Muffins

Ingredients:

- ½ cup white whole wheat flour
- ¾ cups unbleached all purpose flour
- ¾ cups raw sugar
- 1 tsp baking soda
- 2 tsp pumpkin pie spice
- ¼ tsp nutmeg
- ¼ tsp cinnamon
- ¼ tsp salt
- 1 ½ cups canned pumpkin
- 2 tbsp coconut oil
- 1 large egg
- 1 ½ tsp vanilla extract

Cream Cheese Topping:

- 5oz cream cheese
- 2 tbsp raw sugar
- 1 large egg yolk
- 1 tsp vanilla extract

Directions:

1. Preheat oven to 350F. Line a muffin tin with paper liners or lightly spray with oil for easy removal.
2. In a medium bowl, combine flours, sugar, baking soda, pumpkin spice, nutmeg, cinnamon, and salt with a whisk. Set aside.
3. In a large bowl mix pumpkin puree, oil, egg and vanilla; beat at medium speed until thick. Scrape down the sides of the bowl.
4. Add flour mixture to wet mixture, then blend at low speed until combined; do not over mix.
5. In a large bowl beat the cream cheese until smooth. Slowly beat in the sugar, egg yolk, and vanilla until combined.
6. Pour batter into prepared muffin tin. Drop about 1 tbsp of the cream cheese to the tops of the muffins. Using a toothpick gently swirl the frosting from the edge to the center of the batter.
7. Bake on center rack for 24-26 minutes or until a toothpick inserted in the center comes out clean.
8. Cool before serving. Enjoy!



Great Deals on Holiday Gifts

We have some great deals coming up in November for gift items! Our **Opal Go Whitening System** will be \$55 for a limited time. It is a holiday favorite!

We now have the **WaterPik Aquarius Water Flosser** in stock! We can offer this terrific product to you for a below retail price of \$95 - and for a limited time it comes with a \$20 rebate!

Drop by the office and get these great deals in November for someone you love!