

ELITE DENTAL CARE

Prosthetic & Family Dentistry

News from Dr. Lenihan

Spring 2016

Further Improvements in Xray Imaging

As you all know, Xray imaging has been improving on a fairly consistent rate. From the time of Roentgen the techniques have improved at an exponential rate. When many of you were young, you had Xrays made holding the film tabs between your teeth and you could almost count the pulses from the machine because of the lack of speed. Then the film speeds improved greatly lowering the radiation dose. A few years ago films were made obsolete by the development of Xray sensors yielding Digital xrays.

In 1989 the first Cone Beam Computerized tomograph was done and, since, the field of Xray imaging has undergone another exponential improvement. NOW we can examine a tooth, an area, or a whole head scan in very exact detail. With this improvement has also come a drastic increase in speed of the cone beam and a reduction in the potential radiation absorbed dose for each patient. The wonderful improvement has given True 3D imaging, a drastic increase in information, AND reduced doses for our patients, you.

All these improvements come with a price tag... the cost of doing business. We always strive to do things in our office better, faster, and cheaper.



Thank you! We love it when our great patients refer other great patients to our practice! We are here for you and because of you. If you have friends, family or co-workers that are looking for a dentist, we would love to see them!

Treatment Financing Options: Caring for your teeth is a lifetime concern. By careful planning and interceptive, preventive dental care, it is possible to minimize your costs and MAXIMIZE your treatment results, both cosmetically and functionally. If you have insurance coverage, you know that coverage is limited, at best. Because we want you to have the best treatment results, we are able to offer a few different finance options for you. Our office participates in the Care Credit Program. Care Credit is a healthcare credit card that offers special financing options that are flexible and budget-friendly. If Care Credit is not an option for you, we are happy to discuss our in-office financing options with you. Don't let financial concerns stop you from getting the treatment you need and want!

Mouth guards in sports

Sports-related activities contribute to nearly one-third of all dental injuries, including tooth breakage and loss. A properly fitted mouth guard can help prevent damage caused by violent contact between the upper & lower teeth. Mouth guards come in a variety of forms, some better than others. The lowest level of protection is offered by a preformed, over the counter mouth guard. Another form of mouth guard is known as a "boil-and bite" type. This device is a thermoplastic rim, which is heated in hot water and then placed in the mouth to be adapted to the teeth by biting down. They are both inexpensive, bulky, and need to be replaced frequently. For your best protection, Dr. Lenihan can make a custom made mouth guard. The American College of Prosthodontists (ACP) supports the use of mouth guards for all contact sports and for any recreational activities that could result in orofacial injuries.

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Congratulations! –

Congratulations going out to our monthly drawing winners.

- January's winner was Ginny Moss! Ginny received a Gift card to Dean's Restaurant. We hope she enjoyed dinner!
- We celebrated National Dental Health Care month in February and Houston Sweat won an Oral –B Vitality power toothbrush.
- A gardening basket seemed appropriate for spring. Janet Tworek was our winner in March!

Thanks to all our patients for participating. Be sure to sign up when you are at your appointment!

Office Closings -

Our office will be closed on the following dates:
Monday 5/30 – Memorial Day; Monday 7/4 – Independence Day. Thank you for your understanding when we are out of the office!

A Child's first visit to the Dentist

A child's first visit to the dentist should be a happy time. We strongly encourage parents with small children to bring them in at the parents' dental cleanings to allow your child to watch the process. Children should have their 1st visit by age 3. We can show parents how to clean your child's teeth, discuss diet and fluoride needs, and recommended oral care products. Fluoride treatments and dental sealants can help prevent tooth decay. Every child has different oral health needs but it's always true that preventive care from your dentist can save time, money, and teeth. The best time to meet the dentist is when your child isn't having any problems; don't wait until an emergency presents itself.



What's Cooking?

Chicken Casserole

Ingredients:

- 4- Boneless/ skinless chicken breasts
- 1-Box of chicken flavor Stove Top Stuffing mix
- 8 oz Box of Cream Cheese
- 1-Lg. can of cream of chicken soup
- 1 Lg can of Chicken Broth
- 2-TBL Mrs. Dash Lemon Pepper

Directions:

- Pre- Heat oven to 400- degrees.
- In 9X11 Pan place chicken breast evenly. Put Mrs. Dash and Stove Top over Chicken.
- In large mixing Bowl combine Cream cheese, Cream of Chicken soup, Chicken Broth- Blend until creamy.
- Pour over Chicken and Stove top.
- Bake for 45 to 60 min. at 400 degrees.