
April is Oral Cancer Awareness Month!

Dr. Lenihan and his team aren't just looking for cavities when they examine your teeth during your regular visits. They're also checking your mouth for anything abnormal—including oral cancer signs that may warrant further investigation or testing. Some of the oral cancer signs they're looking for are:

Sores: Any sores that bleed easily and don't seem to heal within a normal amount of time may cause concern.

Patches: White or red patches in the mouth can indicate oral cancer, but it is important to check for other reasons, as well. For instance, a persistent white coating on the tongue may indicate **thrush**, which is easily treatable with antifungals from your doctor.

Lumps: Also, be on the lookout for abnormal irritation, lumps, or numb patches in the mouth and tongue.

According to the [American Cancer Society](#), the risk for oral cavity and oropharyngeal cancers increases in people who use tobacco than in those who don't. Though avoiding certain risk factors can prevent oral cancer, it can still develop due to age, gender, and genetics. For example, oral cancer is twice as common in men than women. Other risk factors of oral cancer include:

- Smoking
- Smokeless tobacco
- Human papillomavirus (HPV)
- Heavy alcohol use
- Excessive exposure to the sun and UV light
- Poor diet

Early detection is key to treating oral cancer, making knowing the symptoms even more critical. The earlier any suspected oral cancer is found, the better the survival rates.

How Seasonal Allergies Can Affect Your Oral Health

As Spring and Summer approach, so do seasonal allergies! These allergens can cause congestion and lead to oral issues.

Tooth pain

As your immune system wages war on pollen and dust, sinus pain is a common issue. The maxillary sinuses are located above your upper teeth. When pressure builds in these sinuses, it can push down on the roots of your upper molars, causing discomfort.

Dry Mouth

Allergies can cause dry mouth in two ways. First, you're more likely to breathe through your mouth when your nose is stuffy. Second, dry mouth is a side effect of many antihistamines.

Sore throat

Postnasal drip caused by allergies is a common cause of a sore throat. A sore throat can also cause bad breath, and since it originates in the throat, brushing your teeth won't do much to help.

What you can do: Stay hydrated, gargle with salt water, brush and floss, treat your allergies, visit your dentist.

Welcome to the Team!

Help us welcome Lindsey & Kendra!

Lindsey is a Registered Dental Hygienist. She first graduated from Competitive Edge Dental Assisting Academy in 2020. She loved being a Dental Assistant, so she decided to further her education in the dental field and graduated from Roane State in 2023 majoring in Associates of Dental Hygiene.

Lindsey's passionate about providing the best oral care to her patients, so they can have a confident healthy smile!

Kendra is a Registered Dental Assistant and joined our team in April after graduating from Competitive Edge Dental Assisting Academy. You will see Kendra working alongside Dr. Lenihan. She loves working chairside and helping patients feel more confident with their smile!



What's Cooking?

Ham and Cheese Sliders

- ¾ cup melted butter
 - 1 ½ tablespoons Dijon mustard
 - 1 ½ teaspoons Worcestershire sauce
 - 1 ½ tablespoons poppy seeds
 - 1 tablespoon dried minced onion
 - 24 mini sandwich rolls
 - 1 pound thinly sliced cooked deli ham
 - 1 pound thinly sliced Swiss cheese
- Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
 - Mix butter, Dijon mustard, Worcestershire sauce, poppy seeds, and dried onion in a bowl.
 - Separate the tops from the bottoms of the rolls; arrange the bottom pieces in a layer in the prepared baking dish. Layer about 1/2 of the ham onto the rolls; add a layer of Swiss cheese and top with remaining ham slices.
 - Place the tops of the rolls onto the sandwiches. Pour mustard mixture evenly over the rolls
 - Bake in the preheated oven until the rolls are lightly browned and the cheese has melted, about 20 minutes. Slice into individual rolls through the ham and cheese layers to serve.

Summer Whitening

Whether you're going to a Spring formal, graduating from school, or just want to get that "Summer Smile", grab an "Opalescence Go" kit from our office! During the month of May, the "Opalescence Go" prefilled, professional whitening trays are on special for just \$50.00!

They are easy to use, have convenient 15–20 minute wear times, have a comfortable custom-like fit, and are buffered to prevent bleaching etch.

Get your Summer Smile on!

OFFICE CLOSINGS

Our office will be closed the following days for Continuing Education and Holidays. Thank you for your understanding when we are out of the office!

Friday April 12th - office closed

Monday May 27th – Memorial Day holiday

Thursday June 27th and Friday June 28th

Thursday July 4th and Friday July 5th – Independence Day holiday