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### April is Oral Cancer Awareness Month!

Dr. Lenihan and our team aren't only looking for cavities when we examine your teeth at each visit. We will also examine your mouth for any abnormalities or tissue changes that may require more investigating or testing. Early detection is important to treating oral cancer. Some of the oral cancer signs to look out for:

- Red, white, or mixed patches in the soft tissue of the mouth
- A sore in the mouth that doesn't heal or bleeds easily
- Painless lump, swelling or hard spots in the mouth or neck that don't go away
- Persistent sore throat or difficulty swallowing
- Chronic ear pain on one side

A few risk factors play a large part in oral cancer:

- Use of tobacco
- Moderate alcohol use
- Poor diet
- Excessive exposure to the sun and UV light

### Spring/Summer Product Spotlight

Whether you're looking for a brighter smile for graduation or need a gift for Mother's Day, **Opalescence Go** is a great option! Featuring ready-to-go pre-filled trays with UltraFit comfort, it's the most convenient way to brighten your smile. The trays are easy to use and mess free.

The **Oral B Genius** is more than just your average electric toothbrush. With AI technology to automatically track your brushing habits, it gives you daily coaching on the best way to clean your teeth. The rounded head and soft bristles are perfect for getting hard to reach places without being too abrasive. The **Oral B Genius**, when purchased in our office, comes in a bundle including toothpaste, floss, mouthwash, and extra heads for your toothbrush!

The **Aquarius Waterpik** is an ADA accepted clinically proven way to healthier gums and a brighter smile!

Water flossers are a great addition to your at home care routine. They help you get into tough to reach places, especially if you have implants, crowns, bridges, braces, or other dental work! **Aquarius** is the #1 choice of water flossers among dental professionals. We are happy to offer these products in our office for your convenience!



## Welcome Emily to Our Practice!

I'm so excited to be working at Dr. Lenihan's office. You may have already met me hanging around the office! For those of you who haven't met me yet, let me introduce myself. I graduated from Tennessee College of Applied Technology in 2022 with my Registered Dental Assistant License. I actually worked some of my Clinical Extern hours at Dr. Lenihan's office, where I met Deanna and Doc! I worked at UT Hospital in Oral Surgery, but really found my love for Dentistry in General practice. My favorite part of working in Dentistry is helping to give people smiles they can be proud of! I look forward to meeting all of our wonderful patients.

## OFFICE CLOSINGS

Our office will be closed on the following dates as we enjoy the holidays and time off with our families.

Friday April 18<sup>th</sup> and 25<sup>th</sup>, Friday May 23<sup>rd</sup>, Monday May 26<sup>th</sup>, Friday June 13<sup>th</sup> and 20<sup>th</sup>, and Friday July 4<sup>th</sup>.

We may be adding future dates so that our team can attend Continuing Education courses. Keep an eye on our Facebook page for future closings. Thank you for understanding when we are out of the office!



## What's Cooking?

### Spring Salad with Berries and Bacon

#### Ingredients

- 2 Tbsp. red wine vinegar
- 1 Tbsp. finely chopped shallot (from 1 shallot)
- 1 1/2 tsp. honey
- 1/2 tsp. Dijon mustard
- 3 cups sliced strawberries (from 1 lb. fresh strawberries), divided
- 3/4 tsp. kosher salt, divided
- 1/4 cup extra-virgin olive oil
- 5 cups baby spring mix (from 2 [5-oz.] pkg.)
- 1 (4-oz.) feta cheese block, crumbled
- 1 medium shallot, thinly sliced lengthwise
- 1 cup yellow cherry tomatoes, halved
- 8 bacon slices, cooked and coarsely chopped

#### Directions

1. Place red wine vinegar, finely chopped shallot, honey, Dijon mustard, 1 cup of the strawberries, and ¼ teaspoon of the kosher salt in a blender. Process until smooth, about 30 seconds. With blender running, gradually drizzle in oil, processing until mixture is smooth and combined, about 30 seconds.
2. Arrange spring mix on a large platter. Top with feta, sliced shallot, tomatoes, bacon, and remaining 2 cups strawberries and ½ teaspoon salt. Drizzle vinaigrette over salad, and serve immediately.

## Mouthguards for Spring/Summer Sports!

April is National Facial Protection Month and a recent article from the American Dental Association encourages mouth guard awareness. Most people relate mouth guards with football players, but spring season sports can be damaging as well. A well-fitting mouth guard is your best ally against injuries to the mouth and jaw. Dr. Lenihan can make a custom mouth guard that is both comfortable and protective! If you or your child is involved with baseball, softball, soccer, or any other activity that requires mouth protection, talk to us about making your custom mouth guard!