

ELITE DENTAL CARE

Prosthetic & Family Dentistry

News from Dr. Lenihan

Summer 2015

FaceBook likes = United Way contributions!

Have you liked us on FaceBook yet? If not, Now is the time to “Like” our office on FB and to tell all of your friends! For the months of July, August & September, Dr. Lenihan will donate \$1.00 to the United Way of Anderson County for every NEW like that we get on FaceBook! It’s easy to do! From the website, www.elitedentalcaretn.com, click on the FaceBook link OR if you are already a FaceBook user, search for us under Elite Dental Care. Look for the shamrock logo!



Treating Halitosis (Bad Breath)

In trying to prevent bad breath, it’s important to consider what may be causing it. Bacteria are one of the main causes. Daily flossing and brushing after every meal can greatly reduce the bacteria in your mouth. Periodontal Disease can certainly cause chronic bad breath. Clean dentures and partials with a denture brush and soak them because they also harbor bacteria. Foods you eat have aromatic compounds in them. About 400 prescription medications cause dry mouth which leads to an overgrowth of bacteria. Eating more fruit can help dry mouth because they contain a lot of water and help keep your mouth moist. Bad breath can also be a symptom of a medical condition such as diabetes, respiratory infection, enlarged tonsils, and liver or kidney disease.

If you have seen your dentist and there are no obvious dental reasons, you should talk to your medical doctor.



CONGRATULATIONS!

Our monthly drawing winner for April was Bonnie Brummit. Bonnie won a gardening kit!

May’s monthly drawing winner was Carl Bennett. He won a picnic basket.

June’s monthly drawing winner was Elaine Najmola! Elaine won a summer time gift including a sand bucket, towel and gift card to Baskin Robbins!

If you would like to win one of our great monthly drawings, be sure to enter your entry at your next appointment!

Office Closings

Our office will be closed on August 6th-7th and September 7th for Labor Day. Thank you for understanding when we are out of the office spending time with our families.

Very Berry Streusel Coffee Cake

Cake: 1 ½ C flour
 ¾ C old-fashioned oats
 ¾ C packed light brown sugar
 2 tsp baking powder
 ¼ tsp cinnamon
 ½ C butter (1 stick)
 ¾ C milk
 1 egg

Topping: 6 oz. fresh blueberries
 ¼ C old-fashioned oats
 ¼ C flour
 ¼ C packed light brown sugar
 ¼ tsp cinnamon
 2 Tbsp butter, melted

Glaze: ½ C powdered sugar
 ½ Tbsp milk (+ additional if needed)

Preheat oven to 375. Brush 8x8 pan with oil. For cake – combine flour, oats, brown sugar, baking powder, salt & cinnamon. Mix well. In a smaller bowl, microwave butter to melt. Add milk & egg; whisk until well blended. Add egg mixture to flour mixture; mix until dry ingredients are moistened.

Pour batter into 8 x 8 pan; top with blueberries. Combine topping ingredients in medium bowl; mix well. Sprinkle evenly over blueberries. Bake uncovered 40-45 minutes. Cool 30 minutes. Mix glaze ingredients & drizzle over cake; serve warm.



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Fluoride Movement in Oak Ridge

Since about 1960, Fluoride (FL2) has been placed in the water systems across the country. The reduction in the dental caries especially in children has been a very big public health success story. Generally speaking the level used was between 1 and 2 ppm. In some areas of the country, natural water supplies have had much higher levels.

In the 1940-80s Cas Walker, grocer and many time mayor of Knoxville, fought to keep FL2 out of Knoxville's water. The effect was Knoxvilleans with rampant caries and the quintessential "Appalachian missing tooth look". Walker cited a condition of brown spots called fluorosis and cancer in areas with very high ppm levels. In the late 70s and 80s Knoxville Dental Society fought for inclusion of FL2 and finally won the battle for the betterment of Knoxville's public dental health.

Oak Ridge has had fluoride for many years and generally had much better dental health than many surrounding areas of our state. The cost of including FL2 in water is miniscule compared to the costs of not having it. There is a movement currently in Oak Ridge to remove FL2 from our water. This would be a huge mistake... it would be an analogous to not vaccinating your children for tetanus, measles, mumps, and rubella.

Recently due to FL in toothpaste and bottled water etc. The National Institute of Health has recommended that the 1 ppm level be reduced slightly... this makes some scientific sense if one drinks tap water and doesn't filter out the FL2 in it.

Please help support FL2 in our water for all of our community's dental health... pennies a month to help keep our dental health.



**Make Sure to get your kids in for their dental visit
before school starts back!**

With the Oak Ridge 2015-2016 school calendar change, children will be returning back to school on August 3, 2015. Our patients' smiles are very important to us, so make sure to schedule your Child's appointment in July so that Dr. Lenihan and our dental staff can assist in completing their dental work before the school year begins. Enjoy the rest of summer break!

