
Your Oral Health

Xerostomia is the medical term for “dry mouth”. It may be caused by a variety of factors including medications, diseases, cancer treatment, etc. Dry mouth can lead to gum disease, tooth decay, and other problems. One important way to combat dry mouth is to brush 3 times a day and floss once a day! Good habits can prevent damage to your teeth from the plaque and acid exposure that remain when you have reduced saliva. If you are experiencing dry mouth, be sure to drink plenty of water. There are products on the market that may assist in alleviating dry mouth. Relief may be found in mouthwash, sprays, and lozenges that are designed to activate the salivary glands. Too often people think dry mouth is just another sign of ageing. If you, or a loved one, are having this problem, please come in and speak with Dr. Lenihan.

Membership Savings Plan

In an effort to make our dental practice better for you, we will soon begin offering our own “in-office” dental membership plan for patients that do not have dental insurance benefits.

Preventive dental services will be included in the annual membership fee, as well as a 15% discount on most restorative treatment.

We look forward to offering this new benefit to you as soon as the details are finalized. Stay tuned!



Insurance Updates – Many employers change insurance coverage at the beginning of the year. If you have new insurance or any changes to your existing plan, it is very important to let us know **prior** to your appointment! We are already seeing changes to the subscriber ID numbers. Many times when a plan changes there are new levels of coverage, which you, as the subscriber, may be unaware of. So that you can be fully informed of what your insurance will, and will not, do for you, it is important for you to look into your plan and educate yourself about the coverage. If the information you gave us in the past is now incorrect, you may be responsible for payment at the time of your visit. Rarely do insurance plans become better or cheaper when they change.

Friends and Family Benefit Card:

Elite Dental Care is now offering a Benefit Card, for you, our valued patients to give a gift of Dental Care to a family member or friend. When you receive a benefit card at your appointment, write your name on the card. Give that card to a family member, co-worker or friend, as an invitation for them to join our dental family as a new patient. When they have their first comprehensive exam, the reward is applied. You will receive a \$50.00 reward credit toward your future treatment and your guest, our new patient, will also receive a \$50.00 reward credit toward their future treatment! We value our existing patients and your referrals are our best compliment!



Congratulations! –

The lucky winner of the [Google](#) review drawing for this quarter is Mallory Sharp. Congratulations Mallory on winning the VISA gift card! We really appreciate your kind words and wanted to thank you for leaving a [Google](#) review.

We love to hear feedback from all of our patients and look forward to reading more [Google](#) reviews for this next quarter!



Thank you for helping Support the troops!

We would like to thank you for helping us show support and love for our troops! Each year after Halloween, we send Care Packages to our troops overseas. With the help of our wonderful patients and The Rotary Club of Oak Ridge, care packs were sent out to our soldiers overseas in time for Thanksgiving! The Rotary Club of Oak Ridge donated items as well as making monetary donations, which we then used to purchase additional items for the care packs. Words of thanks and gratitude were written on the pumpkin shaped notecards and included in the care packs. The soldiers love this tradition of ours, and have had great response to it in the previous years. We received a note of thanks from the recipient which stated that he was “overwhelmed with joy”! We couldn’t do this without you!



What’s Cooking?

Easy Chicken Tortilla Soup

Just right for a cold winter’s night!

Ingredients:

- 2-3 cans of Campbell’s Chunky chicken tortilla soup
- 1 can black beans
- 1 can corn
- 1 can of cheddar cheese soup
- 1/3 bar of cream cheese
- ½ pack of taco seasoning

Directions:

Dump all ingredients into crock pot and cook on high for 3-4 hours. Serve with cheddar cheese, sour cream and lime tortilla chips.



Winter Weather Policy – With winter weather upon us, we’d like to remind you of our snow/ice policy. If we find snow/ice on the roadways, we will make every effort to be open. However, if we are unable to make it to the office, we will call, text or email our scheduled patients as soon as possible. If you are unable to make it to your appointment, please contact us at your earliest possible opportunity.



Office Closings & Holidays

Our office will be closed the following days: January 18, February 18, March 29, and April 19. Thank you for your understanding when we are out of the office.