



We had some special visitors come in the office over spring break! We hope everyone enjoyed their time off from school and maybe even work. Spring is officially here that also means it's time for spring cleaning. Have you scheduled your families cleaning/checkups?



More than 21,000 men and 9,000 women in the United States annually receive oral cancer diagnoses, according to the National Cancer Institute. In 2013, there will be 41,380 new cases of cancers of the oral cavity and pharynx in the U.S., resulting in 7,890 deaths, according to NCI.

Oral cancer can strike in the mouth and throat with most of these cancers beginning in the flat cells—squamous cells—that cover the surfaces of the mouth, tongue and lips. Some of the risk factors for oral cancer include tobacco use, heavy alcohol consumption, infection with human papillomavirus, sun exposure, diet, betel nut use, and personal history of oral cancer.

Symptoms to watch for include patches inside the mouth or on the lips, a sore on the mouth or lips that doesn't heal, bleeding in the mouth, loose teeth, pain or difficulty swallowing, lump in the neck, numbness of lower lip and chin, difficulty wearing dentures and a persistent earache.

Visit your dentist or physician immediately if you have any of these symptoms.

The National Cancer Institute has resources on oral cancer at <http://www.cancer.gov/cancertopics/types/oral>. The American Dental Association's consumer website, MouthHeathy.org, also features information about oral cancer.



**Cheesy Pasta Alfredo with Salmon**  
Prep Time: 15 Min Cook Time: 30 Min

**Ingredients**

- 1 (16 ounce) jar Alfredo sauce
- 1 pound salmon filet
- 1 lemon; juiced
- 1 Tablespoon white wine
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- 1 (16 ounce uncooked) Rotini noodle
- 1 (6 ounce) shredded Parmesan

**Directions**

- Preheat oven to 400 degrees F (200 degrees C). Heat Alfredo sauce in a medium saucepan over medium heat.
- Place salmon in a baking dish. Mix the lemon juice and white wine in a small bowl, and pour over the salmon. Season with basil and parsley.
- Bake salmon 15 minutes in the preheated oven, until easily flaked with a fork. Remove from heat, and break into bite sized pieces.
- Bring a large pot of lightly salted water to a boil. Add rotini, and cook 8 to 10 minutes or until al dente. Drain, and place in a large bowl.
- Gently toss the salmon, pasta, and Alfredo sauce together in the large bowl. Serve with the Parmesan cheese.



**Happenings in the Area**

GreenFest at the Det Zoo; April 14 10:00am

Bubble Guppies Live; April 17 6:00pm

**Benefits of smiling**

1. Studies have even proven that people are more attractive when they smile
2. Smiling puts you in a better mood.
3. Smiling is contagious
4. Smiling boosts your immune system
5. Smiling makes you look younger
6. Smiling burns calories
7. Smiling makes other people happy
8. Smiling leads to laughter

**\$25 Gift Card? How can I get mine?**

For every new patient you refer, a [\\$25 gift card](#) is sent to you!

Additionally, we are running a **New Patient Special** of \$79 which includes an exam, cleaning, and x-rays.

**Thank you for allowing us to take care of all your dental needs. The highest compliment we can receive is the referral of family and friends.**



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