



April is Oral Cancer Awareness Month!

Have you had your oral cancer screening this year? Early detection is the key

Being able to detect oral cancer early is a huge factor in treating oral cancer. Attached is a link to the oral cancer foundation website, on the website you'll find a lot of useful information.

<https://oralcancerfoundation.org/facts/>



5-Ingredient Instant Pot Mac and Cheese

Prep Time: 15 Mins Cook Time: 15 Min

Ingredients

- 1 lb Elbow Macaroni
- Kosher Salt
- One 12 ounce can of Evaporated Milk
- 3 Tablespoons unsalted butter
- 3 cups shredded Mild or Medium cheddar

Directions

- Combine the macaroni, 4 cups water and 1 tablespoon salt in an Instant Pot® (see Cook's Note). Follow the manufacturer's guide for locking the lid and preparing to cook. Set to pressure cook on high for 4 minutes.
- After the pressure cook cycle is complete follow the manufacturer's guide for quick release and wait until the quick release cycle is complete. Careful of any remaining steam, unlock and remove the lid and switch to low saute setting.
- Stir in the evaporated milk, butter and 1/4 cup water. Then add the Cheddar, a little at a time, while constantly stirring, until the cheese is completely melted. Serve hot.



Spring is here!
Here is a fun list of things to do this month!!

- Detroit Tigers Opening Day April 4th
- Hamilton on Broadway Going on now
- Beacon Parkade starting April 19 10am-10pm
- Easter Eggstravaganza April 20
- Detroit Pistons have a few home games



\$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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