

November 2019 Newsletter



November is National Diabetes Month

29.1 million Americans have diabetes. People with diabetes are 2 times more likely to develop serious gum disease. Periodontal disease is the most common dental disease affecting those living with diabetes. Click the link below to learn more about Diabetes and how it affects your mouth!

<https://www.mouthhealthy.org/en/az-topics/d/diabetes>



Chicken Parm Soup

Prep Time: 15 Min; Cook Time: 25 Min

Ingredients

- 1 Tbsp Extra Virgin Olive Oil
- 3 Tbsp. tomato paste
- 1 large onion, chopped
- 1 tsp, red pepper flakes
- 1 (15oz) can diced or crushed tomatoes
- 6 Cups Chicken Broth
- 8 oz Penne
- 2 chicken breast
- 1 1/2 cup shredded mozzarella
- 3 cloves of garlic minced
- 1 tbsp. Freshly chopped parsley, for garnish
- 1 cup freshly grated parmesan
- Kosher Salt
- Black pepper

Directions

- In a large pot over medium heat, heat oil. Add onion and cook, stirring, until soft, 5 minutes. Add garlic and cook until fragrant, 1 minute more. Stir in tomato paste and red pepper flakes. Add tomatoes and broth and bring to a simmer.
- Add penne and cook until al dente, 8 to 10 minutes.
- Add chicken, mozzarella, Parmesan, and parsley and season generously with salt and pepper. Let cheese melt, then ladle into bowls.
- Garnish with parsley before serving



Here is a list of Home Games

[Detroit Lions](#)
[Sunday Nov 17 vs. Cowboys](#)
[Sunday Nov 28 vs. Bears](#)

[University of Michigan](#)
[Saturday Nov 16 vs. Michigan State](#)
[Saturday Nov 30 vs. Ohio State](#)

[Michigan State](#)
[Saturday Nov 9 vs. Illinois](#)
[Saturday Nov 30 vs. Maryland](#)



There are other fun events happening!

- Tree Lighting at Campus Martius Nov 22
- Turkey Trot Nov 28
- Thanksgiving Day Parade Nov 28
- Jurassic World Live Nov 14-17



Our office will be closed Nov 28 & Nov 29 in observance of the Thanksgiving Holiday!



Give us a call to see how much you have remaining for this years benefits. Many dental insurances will reset on Jan 1, 2020



\$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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