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We make kids smile!

November 2016

Gator News



Announcing the
November Patient
Contest

**Andy Loves
Autumn
Leaves!**

Count the
Colorful Autumn
Leaves

placed in the Alligator
Dental waiting areas.
Record your number
and cast your ballot
for a chance to WIN
BIG!

Prize: \$25 Gift Card to the
Movies!



Awesome Advice

FROM DR. ADEEL ~



'Tis the Season for Chapped Lips!



Dr. Adeel Khan

In the winter months it is very common for kids to get dry, cracked and chapped lips. Some children also start to suck on their lower lips or lick their lips excessively, which leaves a visible red mark. Since children tend to moisten their dry lips with their saliva this leads to a red, irritated area that can get pretty sore! Not only does this look and feel tender, it can be an area where bacteria and fungus can live and grow.



Follow these tips to battle chapped lips!

1. Drink lots of water. Staying hydrated helps keep those lips moist from the inside out. Parents may also consider using a humidifier in the house.
2. Stay away from petroleum based products. These products cover the skin and can cause bacteria and germs to fester below them.
3. Avoid products with irritants and allergens. Products with chemicals or artificial scents may encourage children to lick their lips even more.
4. Use Lanolin based products. Lanolin promotes healing and provides better protection to those sore lips.

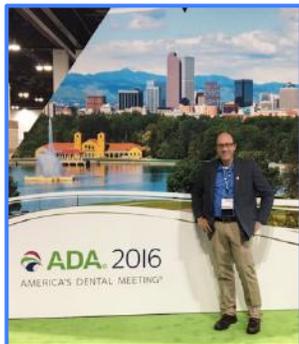
Excessive chapped lips or lip sucking can lead to cheilitis or dermatitis and in some cases lead to swelling and infection. If that happens make sure to call us at Alligator Dental so we can get your child on the path to healthy, happy lips!



Gators in Action:



A peek at what Alligator Dental was up to in October...



Dr. Al attended the American Dental Association Conference in Denver - bringing back the latest & greatest in Children's Dentistry!



Navarro Education Foundation Awards - helping teachers with resources

Kids Day in the Park! Bring on the Andy Plinko!



Meet Carmen Ainsley
Business Development Manager at Alligator Dental San Marcos!

Family Info:

Married to my husband for 5 years. We have three children, ages 4, 2, & 1 and a bulldog named Lolo.

Favorite Place to Eat:

Rosie's Pizzeria

Favorite Store to Shop At:

Bed, Bath & Beyond. You can always find something there that is crazy and nifty.

Favorite Kids Movie:

All of the Shrek movies

Favorite Place to Visit:

I LOVE to visit the Riverwalk

Something Unique about me:

I write left-handed and play sports right-handed but I can't switch hands to do those same things.

Recipe: Perfect Pumpkin Pie

-Compliments of Alicia at Alligator Dental Seguin

Ingredients:

- 1 15 oz. can pumpkin
- 1 14 oz. can sweetened condensed milk
- 2 large eggs
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon ground nutmeg
- ½ teaspoon salt
- 1 9-inch unbaked pie crust
- Whipped Cream - optional



Directions:

1. Preheat oven to 425 degrees
2. Whisk pumpkin, milk, eggs, spices and salt in a medium bowl until smooth. Pour into crust.
3. Bake 15 minutes
4. Reduce oven temperature to 350 degrees and continue baking 35-40 minutes or until a knife inserted 1-inch from the crust comes out clean.
5. Cool
6. Top with whipped cream and serve!



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