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We make kids smile!

October 2015

Gator News

Monthly Contest



ENTER to
WIN!

Announcing the October Patient Contest

Vote for your favorite
pumpkin in
Andy's
Pumpkin Patch!



Decorated pumpkins
hang in the Alligator
Dental waiting area -
hoping to get your
vote. Cast your ballot
for a chance to win a
fun & fabulous
ART Basket!

Awesome Advice

FROM DR. AL~



Tips for a cavity-free

HALLOWEEN



Dr. Al Burns

Feeling guilty about all that Halloween candy? Not sure how to feel better about all that sugar? Ever wonder what a dentist would do on Halloween?

Here is how we do Halloween at Dr. Al's house:

First remember that going trick or treating is part of being a kid and you can't stop neighbors from dumping pounds of sugar in your child's bag. Follow these **5 steps** to make Halloween a non-cavity event:

- 1. When your child returns home** dump out all the candy into a Candy Triage. **Make 3 piles:** Hard Candy (suckers, jolly ranchers, etc), Soft Candy (Taffy, gummies, chewies), & Chocolate.
- 2. Hard Candy:** give your child 10 minutes to try all they want. A total free-for-all. Then put it all in a bag and throw it out. Hard Candy is the worst for your child's teeth.
- 3. Soft Candy:** allow a few pieces that night and then put the rest in a bag. They can have one piece a day until it is all gone. At Dr. Al's house it is a reward for chores or good behavior.
- 4. Chocolate:** let them eat all they want. Get it gone in 2-3 days. Or mom you can just keep it all. Chocolate is the least cavity forming candy and a couple of days of fun won't hurt their teeth.
- 5. Brush like crazy!** Do a five-minute brushing that night. Kids do 2 minutes and parents do 3 minutes. Reapply toothpaste half way through. Have your child spit but don't rinse out. Go to bed with excess toothpaste on their teeth.



Gators in Action:

Doctors and staff had a great time participating in **Back To School Health Fairs** at San Marcos Elementary Schools and supporting local students by showing our **school pride!**



Dr. Adeel at Bowie Elementary



Dr. Al & Alligator Dental Seguin staff support the Seguin School District by showing their Matador pride



Meet
Dr. Sukhi
Newest Doctor at Alligator
Dental!

Family Info:

The best set of parents, 1 elder brother and sister-in-law, a 4-month old niece who I dote on and a fiancé. I have two black labs, without them my family wouldn't be complete.

Favorite Place to Eat in San Marcos:

I love Chick-fil-A!

Favorite Store to shop at:

Barns & Noble

Favorite Place to Visit:

San Francisco

Favorite Movie:

The Lion King

Something Unique about me:

I am "the most terrible" singer. I don't have a single musical bone in my body. Every time I try to sing my 4-month old niece starts crying!

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Recipe: Mamas Chicken Roll Ups

-Compliments of Ashley from Alligator Dental in Seguin

Ingredients:

- 2 large chicken breasts, cooked and shredded
- 1 can crescent rolls
- 1 10.5 oz. can cream of chicken soup
- ½ cup chicken broth
- 1 Tablespoon all purpose flour
- 6 oz. shredded sharp cheddar cheese
- 1 pinch salt & pepper



Directions:

1. Wisk together soup, broth, milk, flour, salt and pepper.
2. Unroll crescent dough and separate into triangles.
3. Place a little cheese over dough at large end. Cover with a good heaping of chicken.
4. Roll up and place in 13x9 casserole dish. Repeat with remaining crescent rolls.
5. Once done, pour soup mix around each roll and drizzle a little over the tops (not too much).
6. Bake 375 degrees for 25 minutes, remove and top with cheese. Bake additional 5 minutes.
7. Remove from oven. Soup mix will thicken up like gravy as it cools.