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We make kids smile!

October 2016



Gator News



Announcing the
October Patient
Contest



Vote for Andy's

**Favorite
Pumpkin
in the
Patch!**

The Alligator Dental
waiting room is
decorated with
amazing pumpkins –
created by our super
talented Doctors and
Staff!

Vote for your favorite
for a chance to win!

Family Movie
Night Gift Pack!



Awesome Advice

FROM DR. AL ~



Dr. Al Burns

Allergies vs. Healthy Teeth



It's that time of year again when allergies are hitting. Many children suffer from allergies or asthma, the third most common medical diagnosis in children.

How do allergies affect your teeth?

Allergy and asthma medications (steroids and antihistamines) are often designed to dry out a child's mouth, sinuses and airway. Generally they are very effective and reduce many of the side effects from allergies and asthma.

Unfortunately the most common negative side effect is causing a dry mouth. The bacteria that cause gingivitis and decay thrive in dry conditions and thus we see these problems much more frequently in children on allergy and asthma medications.

Our advice:

If your child receives daily or regular medications for allergies or asthma then we recommend they increase their brushing frequency. It is especially important that they brush right after taking these medications. This may help prevent the negative side effect of cavities.

Good luck this allergy season!



Gators in Action:

A visit from the Tooth Fairy!



The Gator Crew teamed up with the Tooth Fairy and her puppet friends to teach San Marcos preschool children all about healthy teeth! The kids laughed and cheered and learned how to keep their teeth sparkly clean!



Meet Annamarie Longoria
Assistant Manager at Alligator
Dental San Marcos!

Family Info:

I am a mother of two amazing kids – Arnold and Ariana. We live in Kyle and love our growing small town!

Favorite Place to Eat:

Newk's – they just opened one up in San Marcos

Favorite Store to Shop At:

Make it Sweet & Hobby Lobby

Favorite Kids Movie:

The Book of Life and Gnomeo & Juliet

Favorite Place to Visit:

I don't have a favorite place but I love being around my friends & family so any spot we pick for the weekend is best!

Something Unique about me:

I enjoy making cakes for friends and family and making crafts with my kids.

Recipe: PUMPKIN APPLE MUFFINS

-Compliments of Alligator Dental

Ingredients:

- 2 cups whole wheat flour
- $\frac{3}{4}$ cup sugar
- 1 Tablespoon pumpkin pie spice
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 2 large eggs
- 1 can (15 oz.) pumpkin puree
- $\frac{1}{2}$ cup canola oil
- 1 cup chopped apples



Directions:

1. Preheat oven to 350 degrees
2. Mix flour, sugar, pumpkin spice, baking soda and baking powder in large mixing bowl. Set aside.
3. Beat eggs in separate bowl. Mix in pumpkin puree and oil.
4. Fold wet ingredients into dry until just combined. Do not overmix. Fold in apples.
5. Line muffin tins with baking cups. Fill each cup $\frac{3}{4}$ full and bake 25-30 minutes, or until toothpick inserted into muffin comes out clean.

Makes 16 regular sized muffins



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