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We make kids smile!

Gator News



May 2018



Announcing the
May Patient Contest

What is Your Favorite

Spring

Activity?



Cast your ballot &
Enter to Win!



Gift
Pack!

Filled with DVD and treats for
a fun family movie night!

Awesome Advice

FROM DR. ANAS~



Cold Sores & Kids



Dr. Anas Hakimeh

Cold sores seem to pop up at the worst times...and they hurt! Parents often wonder why their child keeps getting cold sores, or fever blisters, and how to prevent them. Well, the sad truth is that cold sores are caused by the herpes simplex virus-1 (HSV-1) and once a child, or adult, contracts the virus it stays in their system for life. HSV-1 is a very common, highly contagious virus that is often contracted by children before the age of 5. The virus is spread through direct skin contact, such as a kiss, or even by sharing a cup, utensil or water bottle with someone who has the virus. And kids share everything!

Flare-ups aren't necessarily linked to having a cold. Other infections, fever, stress, sunlight (Texas has LOTS of sun), hormone changes, cold weather and foods can bring on a cold sore flare.

The **Good News** is that creams and prescription medications can help shorten the length of an outbreak and make the sore less painful.

Helpful tips to provide relief:

- Hands off! Touching will irritate and spread the virus
- Ice! Apply ice wrapped in a towel to the sore
- Aloe! Apply aloe vera gel
- Balm! Apply lip balm containing 1% lemon balm
- Sunscreen! Apply sunscreen to lips when in sun (can also help prevent future outbreaks caused by sun exposure)
- Pain Relief! Take over-the-counter pain reliever or apply a cream with lidocaine or benzocaine for pain relief

Gators in Action:



Easter was in the Air!

Alligator Dental was a proud sponsor of Farmer Fred's Spring Carnival in San Marcos! We also had a GREAT time hosting an Easter Egg Hunt for families at the San Marcos office!

Recipe: Chicken Marsala

-Compliments of Mikayla from Alligator Dental in Seguin

Ingredients:

- 1 ½ pounds boneless chicken breasts, pounded to ¼ inch thick
- 3 Tablespoons flour, combined with ¾ teaspoon salt & ¼ teaspoon pepper
- 1 Tablespoon olive oil
- 3 Tablespoons unsalted butter, divided
- 1 (8-oz) package pre-sliced mushrooms
- 3 Tablespoons finely chopped shallots (from 1 medium shallot)
- 2 cloves garlic, minced
- 2/3 cup chicken broth
- 2/3 cup dry Marsala wine
- 2/3 cup heavy cream
- 2 teaspoons chopped fresh thyme
- 2 Tablespoons chopped fresh parsley



Directions:

1. Place flour mixture in Ziploc bag. Add chicken. Seal & shake until coated.
2. Heat oil + 2 Tbs. butter in large skillet, over medium-high heat. Place flour & dusted chicken in the pan and cook, turning once, until chicken is golden and just barely cooked through, about 5-6 minutes. Set aside.
3. Melt remaining TB butter in pan. Add mushrooms and cook, stirring, until begin to brown, 3-4 minutes. Add shallots, garlic & ¼ tsp. salt; cook 1-2 min. more. Add broth, wine, heavy cream, thyme, ¼ tsp. salt & 1/8 tsp. pepper; use spoon to scrape browned bits into liquid. Bring liquid to boil; then reduce heat to medium and gently boil, uncovered, until sauce is reduced by half, slightly thickened and darkened in color, 10-15 min.
4. Add chicken to sauce. Reduce heat and simmer until warmed through. Sprinkle with parsley & serve.

Employee Spotlight



Meet Genesis Mujica! Dental Assistant at Alligator Dental in San Marcos!

Family Info:

My best friend Luis is my husband and we have a son named Michael and an awesome dog named Bruno

Favorite Place to Eat:

Casa de Don Lorenzo

Favorite Store to Shop At:

Ross & Target

Favorite Kids Movie:

Tangled

Favorite Place to Visit:

Rio Grande Valley

Something Unique about me:

I can play guitar and drums



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