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Gator News

June 2019



Announcing the
June
Patient Contest

**ANDY WANTS TO
KNOW...**

What is your
Favorite
Summer
Activity?



Mark your ballot for a
chance to win a
**Summer Fun
Pack!**

Awesome Advice

From Dr. Shah ~



Wisdom Teeth Teething for Teens!

Dr. Poonam Shah

It's a bit crazy to think of teens and teething - but that is exactly what happens to many teens and young adults between the ages of 17-25 when their Wisdom Teeth erupt! I'll shed some light on those 3rd molars that occupy the darkest corners of our mouth.

History:

Ancient humans used wisdom teeth to grind up hard foods that were difficult to digest. Since cooked meals arrived, humans have outgrown wisdom teeth and most can be removed before they erupt without any effect on a person's natural chewing pattern.

Do I need to have wisdom teeth removed?

Not everyone needs to have wisdom teeth removed. Some wisdom teeth grow perfectly into a smile without crowding or discomfort. However, most wisdom teeth need to be removed before they erupt to prevent potential crowding problems. If there is not enough room for these teeth they may grow in sideways and push the second molars out of alignment, making them difficult to clean. Narrow spaces between overcrowded molars can become infected with bacteria, which raises the risk of periodontal disease, inflammation and decay.

When should I remove wisdom teeth?

Most people electing to remove wisdom teeth do so between the ages of 16 and 18 years old.

Does Alligator Dental remove wisdom teeth?

Doctors at Alligator Dental will screen for wisdom teeth needs during a teen's biannual professional cleaning and exam. We then refer to several excellent oral surgeons in the area for wisdom teeth extraction.





Gators in Action:

Employee Spotlight



These teachers rock! Proud to support the Seguin Chamber 2019 Teacher of the Year luncheon.



Meet Eliyana Cuevas

Dental Assistant at Alligator Dental in San Marcos!

The Gator Crew loved sponsoring and playing with the kids at the Navarro Education Foundation 2019 Duck Fest!



Great night for a GREAT cause! We love sponsoring the Guadalupe County Children's Advocacy Center Designer Purse Bingo Event.

Family Info:

I have two daughters and a husband

Recipe: CABBAGE ROLLS

-Compliments of Joni at Alligator Dental Seguin

Favorite Place to Eat in San Marcos:

Alvin Ord's Sandwich Shop

Favorite Store to Shop:

Forever 21

Favorite Kids Movie:

Sing!!!

Favorite Place to Visit:

The San Marcos river

Something Unique about me:

I've lived in San Marcos all my life. I love doing crafty things!

Ingredients:

- 1 head green cabbage
- 1 lb. ground pork (or turkey)
- ½ lb. ground beef
- 2 small onions, diced
- 3 cloves garlic, minced
- 3 Tablespoons fresh parsley
- 1 can (14 oz.) diced tomatoes
- salt & pepper to taste
- 1 cup uncooked instant rice
- 1 egg
- 1 ½ cup + 1/3 cup tomato sauce, divided
- 1 can diced tomatoes (sauce for pan)



Directions:

1. Boil cabbage leaves about 2 minutes, until soft. Set aside to cool.
2. Preheat oven to 350 degrees.
3. Cook rice according to package directions, but reduce time by 5 minutes so slightly undercooked. Set aside.
4. Cook beef, pork, onion, garlic & seasonings until no pink remains. Drain fat. Add in rice, diced tomatoes, 1/3 cup tomato sauce, salt and pepper. Stir in egg.
5. Mix 1 ½ cup tomato sauce and second can of diced tomatoes; spread on bottom of 9x13 pan.
6. Remove thick stems on cabbage leaves. Lay leaf flat and add 1/3 cup filling to center. Fold in sides and roll up. Place seam side down in pan. Repeat. Pour remaining sauce over cabbage and cover tightly with foil. Bake 75-90 minutes. Let cool 15 minutes before serving.

