

San Marcos Office:
1890 Medical Parkway
San Marcos, TX 78666
512-393-3500

Seguin Office:
901 S. Hwy 123 Bypass
Seguin, TX 78155
830-372-3725

www.alligatordental.com



We make kids smile!

December 2015

Gator News

Monthly Contest



ENTER to
WIN!

Announcing the
December
Patient Contest

It's beginning to look
a lot like Christmas at
Alligator Dental!



Doctors and Staff
are decorating
festive wreaths!

Vote for your
favorite for a
chance to win a

Family Game
Night Pack!

Awesome Advice

FROM DR. AL~



The holiday season is full of myths and tales.

There are some in dentistry as well. I
thought I would share **5** that we hear often
to set the record straight.



Dr. Al Burns

1. Wiggling your loose baby teeth will make your adult teeth crooked.

False. In fact this could not be further from the truth. Baby teeth that are left alone and "babied" are much more likely to cause an adult tooth to go off track. Baby teeth guide the adult tooth into its proper location but when they get loose they are like a piece of tire lying in the road. It is better to have it removed or else you have to swerve or power through it. Neither are great options.

2. Wisdom teeth will mess up your straight smile

False - in my opinion. I have seen thousands of kids teeth with wisdom teeth coming in. I have never seen wisdom teeth cause severe or even mild shifting in front teeth. As we age our front teeth shift naturally.

3. Fluoride is bad for you.

False. Like all things too much is a bad thing. The difference with Fluoride is that too little increases your chances of decay significantly. It's like mosquito repellent. If you use way too much you can get sick but using correctly can be beneficial. If you want to stay away from decay then a small smear of fluoride toothpaste brushed on your child's teeth twice a day will give you the best chance.

4. I need insurance to go to the dentist.

True. If you love to burn money. To be honest dental insurance is the closest thing to a scam. How do they make money? You pay more to them then they pay the dentist. Look closely; your dental plan is nothing more than a savings account that you lose money on. Best way to be frugal in your annual dental expenses is to save monthly in advance, pay out of pocket and take good care of your family's teeth. You will save a ton! Sadly the people who end up paying the most are those who have dental insurance.

5. A child's teeth are destined to be like their parent's teeth.

False. While genetics play a big role in teeth, habits play an even bigger role. Kids with cavities who have parents with cavities are in trouble not because they have the same genetics...it is because they have the same hygiene and diet habits. If your teeth are bad don't loose hope. Just keep great habits in your home.



Gators in Action:



Alligator Dental was a proud sponsor of the Guadalupe County Children's Advocacy Center Designer Purse Bingo. This is an annual event that raises funds to assist and heal children affected by abuse.



Meet

Dr. Jaime Simmons
Newest Doctor at Alligator Dental Seguin & San Marcos!

Alligator Dental is SUPER EXCITED to be sponsoring Sights & Sounds of Christmas again this year!
December 2-5, 2015



Go to Sights-n-sounds.org to check out the fun!

Position at Alligator Dental and what you really do:

I am a new Associate Dentist at Alligator Dental

Family Info:

Husband Kelvin and son Landon

Favorite Place to Eat:

Freiheit Country Store

Favorite Store to Shop At:

Banana Republic

Favorite Kids Movie:

Finding Nemo

Favorite Place to Visit:

Charlotte, NC (my hometown)

Something Unique about me:

I lived in Las Vegas

Recipe: Green Chicken Tamales

-Compliments of Anna from Alligator Dental in Seguin

Ingredients:

- 1 8oz. package dried cornhusks
- 1 lb. tomatillos, husked, rinsed
- 4 3-inch long Serrano chilies, stemmed, chopped
- 4 large garlic cloves, chopped
- 1 ½ Tablespoon olive oil
- 2 cups low-salt chicken broth
- 4 cups (packed) shredded chicken (about 1 lb)
- ½ cups chopped fresh cilantro

Dough:

- 1 1/3 cups lard or solid vegetable oil
- 4 cups freshly ground masa dough for tamales (34-36 oz.)
- 1 ½ teaspoon EACH salt & baking powder (ONLY if not in masa mix)
- 2 cups low-sodium chicken broth



Directions:

1. Preheat broiler; line baking sheet with foil. Broil tomatillos until blackened in spots, turning once (about 5 min./side). Transfer tomatillos and juices to food processor and cool.
2. Process with chilies and garlic to a smooth puree.
3. Heat oil on medium. Add tomatillo puree and boil 5 minutes, stirring often. Add broth. Reduce heat to simmer until reduced to 1 cup, about 40 min. Mix in chicken and cilantro. Can be made 1 day ahead of time.
4. Dough: Beat lard until fluffy. Add masa mix in 4 additions. Reduce speed and beat in 1 ½ cups chicken broth, forming tender dough. Add more broth if too firm, 2 Tablespoons at a time to soften.

Fill husks with dough and filling; tie closed. Stand tamales in a steamer basket, putting crumpled foil between if standing upright. Steam in covered pot until dough is firm to touch and separates easily from husk, about 45 minutes. Let stand 10 minutes.