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We make kids smile!

# Gator News

January 2015

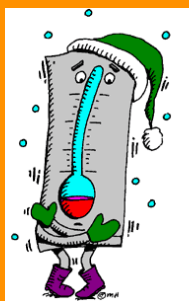
## Monthly Contest



ENTER to  
WIN!

Announcing the  
**January Patient  
Contest...**

How LOW will it GO?



How  
cold will  
it get in  
January?

Circle your prediction  
for a chance to win a  
cozy  
Alligator Dental  
throw blanket and  
\$15 Hastings Gift  
Card

Cozy up with a new book!

## Awesome Advice

From Dr. Adeel ~

### Xylitol: The "Good" Sugar

You may have heard about xylitol and its use in chewing gum. Xylitol is sugar derived from forest and agricultural

materials.

How Xylitol works:

Xylitol works by **preventing** Streptococcus Mutans - the primary bacteria responsible for initiation of cavities. It also helps **reduce** acid production, preventing demineralization of tooth structure.

Products with Xylitol:

- Chewing gum
- Mints
- Lozenges
- Syrups

Check ingredients list to ensure a product contains xylitol. Chewing gum with xylitol after meals also **promotes salivation** that helps flush the bad bacteria to prevent cavities.

Who should use Xylitol?

Studies show regular use of xylitol by mothers significantly reduces bacterial transmission, resulting in fewer cavities for the child. Children under 4 years of age should not use mints, gum and lozenges due to choking hazard.

The American Academy of Pediatric Dentistry (AAPD) recommends using 3-8 grams per day in divided doses, at least two times a day.

Precautions: Always consult a pediatric dentist before using xylitol products for your child. They should be used for kiddos who are at risk for cavities. Side effects of overdose include gas and diarrhea.

Reference: AAPD Guidelines on Xylitol:

[http://www.aapd.org/media/Policies\\_Guidelines/G\\_XylitolUse.pdf](http://www.aapd.org/media/Policies_Guidelines/G_XylitolUse.pdf)



Dr. Adeel Khan

# Gators in Action:

## Sights & Sounds of Christmas

Alligator Dental was a proud sponsor of the "Best Christmas GIG in Texas" - Sights & Sounds of Christmas! Each year this highly anticipated event provides San Marcos and surrounding communities with four quality, fun, family-friendly days full of Christmas lights, music, activities, Santa, and even a little Town of Bethlehem! Proceeds from the event benefit local schools, libraries, and charities.

Alligator Dental was particularly pleased to sponsor the 1K Jingle Bell Run/Walk - a special race



Sponsorship presentation with S&S board



Jingle Bell kids run!



## Employee Spotlight

### Meet Marcy Bearce!

- Business  
Development  
Manager at  
Alligator  
Dental in San  
Marcos



### What you really do at Alligator Dental:

I am the Business Development Manager. I make sure that each patient has the most fun and amazing time possible at Alligator Dental!

### Favorite thing about working at Alligator Dental:

I love meeting all the kids and families and hearing them talk about how much they love coming to the dentist here!

### Family Info:

I have been married for almost 15 years. My husband and I have four great kids: ages 8, 9, 10, and 12.

### Favorite place to eat in San Marcos:

Palmer's

### Favorite store to shop at:

Maurice's for sure!

### Something unique about me:

I recently moved from Wisconsin. I come from a large family of 8 kids, six brothers and one sister. They are so happy to have my family here in Texas, and we love it!

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# Recipe: Chocolate Toffee Pretzel Bark

- Compliments of **Marcy Bearce at Alligator Dental in San Marcos**

### Ingredients:

- 1 cup butter
- 1 cup brown sugar
- mini pretzels - enough to line a 10x15 baking sheet
- 2 cups of chocolate chips
- Sea salt for sprinkling on top

### Directions:

1. Line 10x15 baking sheet with aluminum foil and spray with Pam.
2. Place pretzels on sheet in single layer.
3. Melt 1 cup butter in small saucepan on low-medium heat. Add in brown sugar. Stir to incorporate (combining at low temp prevents separation)
4. Bring to gentle simmer (NOT a boil) and cook for 3 minutes allowing butter and sugar to caramelize.
5. Pour mixture over pretzels, spread evenly.
6. Bake 400 degrees 5-7 minutes. Allow to cool
7. Melt chocolate chips, pour into baking sheet and spread evenly.
8. Sprinkle with sea salt. Allow to cool in fridge until completely set.
9. Once cool and hardened, break into pieces and serve!

