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We make kids smile!

# Gator News

July 2016



Announcing the  
July Patient Contest

**All  
American  
Summer!**



Count the American  
Flags in the Alligator  
Dental waiting areas.

Cast your ballot for a  
chance to win an  
**EXTREME  
WRISTBAND** for  
some summer fun at



## Awesome Advice

From Dr. Adeel ~



### Baby Teeth: Essential to Healthy Adult Teeth!



Dr. Adeel Khan

So are baby teeth really that important? They do just fall out correct?

It is actually very important to keep baby teeth healthy and cavity free.

They serve **three major purposes**:

- 1- The health of baby teeth are the **first indication of the health of the adult teeth**. Cavities and infection from baby teeth will eventually affect adult teeth and cause them to have decay and problems if the baby teeth aren't taken care of.
- 2- Baby teeth play a key and vital role for speech development, nutrition and growth of a child. When baby teeth are negatively affected it also negatively **affects these very important developmental areas** and can severely affect a child for a lifetime.
- 3- Baby teeth **guide permanent teeth** into the proper position. If a back baby molar tooth is lost too early because of a cavity or infection then the teeth behind it tilt and drift forward into that empty space. When adjacent teeth shift into the empty space, they create a lack of space in the jaw for the permanent teeth. Therefore, permanent teeth are crowded and come in crooked. If left untreated, the condition may require extensive orthodontic treatment.

**What do I do if it is too late and my child's baby tooth has fallen out early?**

If a baby tooth falls out early make sure to talk to us about a spacer. Space maintainers hold open the empty space left by a lost tooth. They steady the remaining teeth, preventing movement until the permanent tooth takes its natural position in the jaw. **It is more affordable – and easier on your child – to keep teeth in normal positions with a space maintainer than to move them back into place with orthodontic treatment.**

In the meantime keep on brushing and keeping those baby teeth cavity free!



# Gators in Action:

## Make a Splash with Alligator Dental!



We are celebrating our **Awesome Patients** with summer swim parties - hosted by Alligator Dental! **JOIN US** for free admission, food, prizes, games & **FUN!**



**San Marcos Office**  
 Saturday, July 9  
 7:00-10:00 p.m.  
 Rio Vista Park Pool  
 San Marcos, TX



**Seguin Office**  
 Friday, August 5  
 7:30-9:30 p.m.  
 Seguin Wave Pool  
 Seguin, TX



**Meet Analisa Fell**  
 Hygiene Assistant at Alligator Dental San Marcos!

**Family Info:**

I have three brothers and 1 sister

**Favorite Place to Eat:**

JJ's Café! They have the best steak salad!

**Favorite Store to Shop At:**

Target

**Favorite Kids Movie:**

Inside Out & Finding Nemo

**Favorite Place to Visit:**

I love going to Wisconsin during winter to visit my Grandma. The weather is always nice there during the holidays.

**Something Unique about me:**

I love four wheeling & dirt bike riding

# Recipe: Mediterranean Pasta Salad

-Compliments of Veronica from Alligator Dental in Seguin

**Ingredients:**

- 12 oz. pasta - cooked & drained (I like Farfalle Pasta)
- 1 English cucumber, diced
- 1 pint cherry or grape tomatoes, halved
- 1/3 cup sliced kalamata olives
- 4 oz. crumbled feta cheese
- 1/2 medium red onion, peeled and thinly sliced
- lemon-herb vinaigrette (see below)

**Lemon-Herb Vinaigrette – whisk until combined:**

- 1/4 cup extra virgin olive oil
- 3 Tablespoons red wine vinegar
- 1 Tablespoon lemon juice
- 2 teaspoons dried oregano, minced
- 1 teaspoon honey
- 2 small cloves garlic, minced
- 1/4 teaspoon EACH cracked black pepper & salt
- Pinch of crushed red pepper flakes

**Directions:**

1. Place cooked, cooled pasta in a large bowl. Add vegetables and drizzle with vinaigrette evenly on top. Toss until all ingredients are evenly coated.
2. Serve immediately, garnished with extra feta cheese and black pepper, if desired



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