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We make kids smile!



March 2016



Gator News

Monthly Contest



Announcing the
**March Patient
Contest**

Feeling
Lucky?



Doctors & Staff have
created fabulous
rainbows to celebrate
the Luck of the Irish!
Vote for your favorite
and you could be our
Lucky Winner!



\$30 Gift Certificate to
Aquarena Springs
Glass Bottom Boats!

Awesome Advice

FROM DR. ADEEL ~



Dr. Adeel Khan

Do Bad Genes Cause Cavities?



We often hear that genes play a role in a child's development of cavities. Although there is some truth to this other factors play a bigger role in whether a child will develop cavities. Unless a child has a significant genetic defect or malformation of the enamel or dentin of their teeth or bones most of the cavity related issues can still be

prevented by vigorous attention to the following 3 factors.

1 – Oral Hygiene - How well a child takes care of their teeth by brushing with fluoride toothpaste and flossing.

2 – Diet - How well a child eats. Eating healthy and staying away from sugary foods and drinks not only keeps a body healthy it keeps teeth cavity free.

3 – Host Response - (This is the genetic factor) How well a child's teeth fight off bacteria. This is dictated by a child's genetic makeup and the quality and quantity of their saliva. Genetics also play more of a role in the skeletal and dental development of a child's mouth.

Even if a child has a genetic history of cavities giving careful attention to brushing, flossing and eating a healthy, balanced diet can give them a **very good chance** of preventing cavities and other oral health problems.

We encourage patients to discuss their family history and cavity experience with us so we can focus on prevention and fight cavities as a team!



Gators in Action:



Who says being a dentist isn't **fun**? Alligator Dental Doctors and Staff had a blast celebrating National Children's Dental Health month with local 2nd graders! The children taught **Bad Breath Bob & Bad Breath Betty** how important it is to keep their teeth healthy & clean!



Alligator Dental was a proud sponsor of the Seguin Art League's annual Elementary & Middle School Art Show. Dr. Al loved presenting awards to these talented kids!



Check out these fun Gator cookies!



Employee Spotlight



Meet

Elizabeth Longoria

Business Manager at Alligator Dental in San Marcos!

Family Info:

My family is my husband Jonathan and daughter Trinity. Our German Shepherd Aslan is also part of our family!

Favorite Place to Eat:

Logan's Roadhouse

Favorite Store to Shop At:

Toys R Us

Favorite Kids Movie:

The Lion King

Favorite Place to Visit:

California

Something Unique about me:

I love to ski in water and snow!



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Recipe: Beef fajita tacos

-Compliments of Joanna from Alligator Dental in San Marcos

Ingredients:

- 2 pounds Beef fry meat
- 1-2 Tablespoon oil
- 2 Tablespoons Fajita Seasoning
- 1 Green Bell Pepper, chopped or sliced
- 1 Red Bell Pepper, chopped or sliced
- 1 White Onion, chopped or sliced
- 1 Tomato, diced
- 6 Flour Tortillas



Directions:

1. Put beef fajita meat in a big bowl. Add fajita seasoning and mix well.
2. Place oil in a medium frying pan over medium heat. Add meat and cook.
3. Add vegetables to the pan, cook until tender.
4. Assemble each taco by placing some meat & veggie mixture onto a flour tortilla, fold in half.