



February is National Children's Dental Health Month  
"Brush and clean in between to build a healthy smile"

A note from Dr. Ro:

At every child's visit, we screen for orthodontic concerns. If caught early enough, it can save the child years of treatment, as well as future costs for parents. Our own daughter, at age 7, has already started seeing an orthodontist due to concerns with the development of her adult teeth. Attached is a link to the American Academy of Orthodontics highlighting some of the potential benefits, as well as some potential problems, the doctors look for. If you have any questions about your child or loved ones, don't hesitate to ask.

Sincerely, Dr. Ro

<https://www.aaoinfo.org/blog/is-there-a-benefit-to-early-treatment/>

**Skillet Cheeseburger Mac & Cheese!**

Prep Time: 20 Mins Bake Time: 8 Min

**Ingredients**

- 1lb elbow macaroni
- 1lb ground beef or ground turkey
- Freshly ground black pepper
- 1 Garlic Clove, Minced
- 1c crushed tomatoes
- 1c. whole milk
- 2c. shredded cheddar; divided
- 2 Tbsp fresh chopped parsley

**Directions**

- Bring an 8-quart stock pot of water to a boil and generously season with salt. Cook pasta according to package directions until al dente. Drain and return to pot.
- Meanwhile, in a large sauté pan over medium-high heat, brown ground beef, using a wooden spoon to break up the meat. Season with salt, pepper, and garlic and cook 1 minute, then drain excess fat using a spoon. Add tomatoes and milk, then bring to a boil and simmer for 5 minutes.
- Reduce heat to low, fold in pasta and add 1 cup cheddar, one handful at a time. Stir until combined before adding more cheese. Sprinkle remaining cheese over the top and cover with lid. Simmer until cheese is melted and bubbling, about 1 minute.
- Garnish with parsley and serve immediately.



**February is Children's Dental Health Month**

tooth decay is the *most common* childhood disease

3 out of every 5 children are affected by tooth decay

5x more common than asthma

51 million school hours missed due to oral disease

tooth decay is *almost entirely* preventable!

Every \$1 spent on prevention in oral care can save you \$8-\$50 on restorative and emergency procedures

**Kids Corner**





**\$25 Gift Card? How can I get mine?**  
For every new patient you refer, a [\\$25 gift card](#) is sent to you!

Additionally, we are running a **New Patient Special** of \$79 which includes an exam, cleaning, and x-rays.

**Thank you for allowing us to take care of all your dental needs. The highest compliment we can receive is the referral of family and friends.**



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