



Webb Dental Care

YOUR ANNUAL HOLIDAY NEWSLETTER 2022



To all our loyal patients and friends,

Let me take a moment to wish you a very joyful holiday season and thank you for trusting Webb Dental Care with all your dental needs. Our team is very honored to see you each time you come in for a cleaning or checkup or even for an emergency toothache. We are blessed to work in a beautiful facility with cutting edge technology, a warm family environment, and most of all to provide a first class experience to those we care for. You may have noticed that our team has grown in numbers and we have added chair capacity this year. This has been a great effort to match the growing needs of our patients. We have been focused on re-investing in our business to fit you in sooner and deliver the quality and timely care you are looking for. Thank you to all of you who have left us online reviews, your feedback is very important to us and we are so thankful to know that we are maintaining a strong 5 star reputation in the valley. If you know a friend or a family member that is looking for the right dentist, tell them we would love to have them join the family here at Webb Dental Care!

May you all have a cavity-free Christmas!

Sincerely,
Dr. Webb



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WEBB DENTAL CARE HOLIDAY NEWSLETTER CONTINUED...



Dentistry and Sleep Apnea

What are some common symptoms of sleep apnea? According to the National Institute of Health:

Your partner may alert you to some of the symptoms of sleep apnea, such as:

- Breathing that starts and stops during sleep
- Frequent loud snoring
- Gasping for air during sleep

You may also notice the following symptoms yourself:

- Daytime sleepiness and tiredness, which can lead to problems learning, focusing, and reacting
- Dry mouth or headaches
- Sexual dysfunction or decreased libido
- Waking up often during the night to urinate



Children who have sleep apnea may be overactive and may experience bedwetting, worsening asthma, and trouble paying attention in school.

Talk to your healthcare provider about your symptoms. You may need a sleep study to help diagnose the condition. We are excited to announce that Dr. Webb is now qualified to offer these diagnostic services and treatment options. Give us a call today to schedule your FREE Sleep Apnea consultation at Webb Dental Care.



Healthier Holiday Cookies

Ingredients

½ cup all purpose flour
½ cup whole wheat flour
¾ teaspoon baking soda
½ teaspoon cinnamon
¼ teaspoon nutmeg
¼ teaspoon ginger
Optional pinch of cloves
¼ teaspoon salt
6 tablespoons butter, softened
½ cup brown sugar
2 tablespoons blackstrap molasses
1 large egg
2-3 tablespoons white sugar (for rolling)



INSTRUCTIONS

Preheat the oven to 350 degrees. Prepare 2 baking sheets with a silicone baking mat or parchment paper.

In a bowl, mix together flours, baking soda, spices, and salt.

In a separate bowl, cream together softened butter and brown sugar. Add in the egg and molasses and mix until combined.

Add the dry mixture to the wet mixture in two batches, mixing to incorporate fully.

Roll the dough into tablespoon-sized balls with your hands, and then roll them in white sugar before placing on the baking sheet. Set them a few inches apart as they will flatten as they bake.

Bake the cookies for 11 minutes, rotating the pans halfway through to ensure even crackling on the tops. Let them cool on the baking sheets for a minute or two once removing from the oven and then transfer to a cooling rack.