

# Straight Talk with Chawla Orthodontics & Dentistry for Kids

A NEWSLETTER

## Did you know?

The AAO recommends a child visit an orthodontic specialist by the time they are 7 years old.

### Why?

- Aids in development of the jaw
- May prevent more invasive treatment later on
- May prevent the need to pull healthy teeth
- May prevent the need for future oral surgery

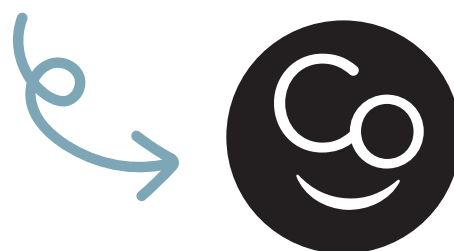
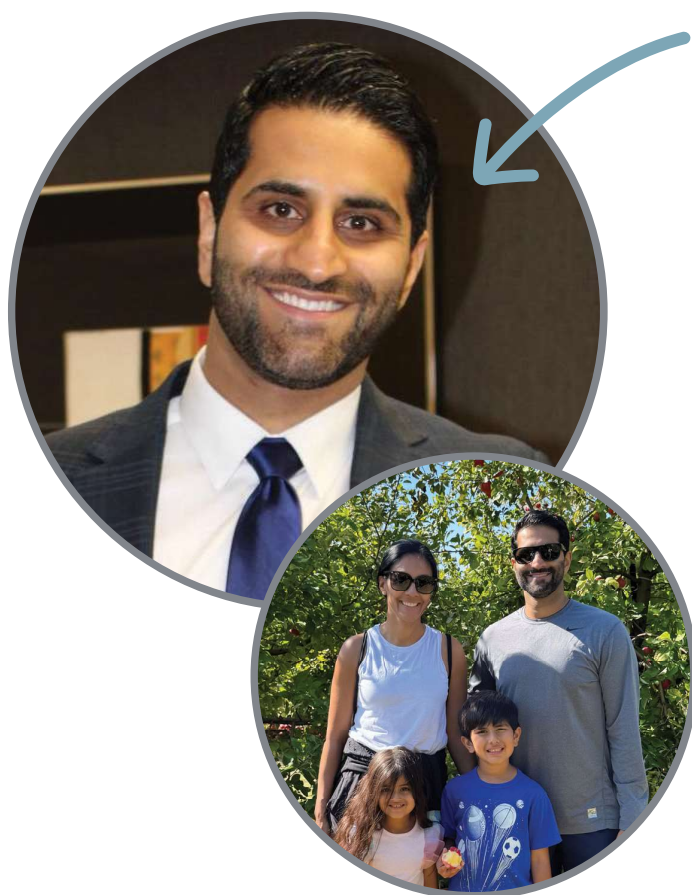


## Meet Dr. Chawla

"I think orthodontics is one of the most interesting professions in the world. We are not just looking at teeth, but the person's face as a whole, and we have an ability to change the face and make it look so much better. I really feel as though it is a privilege to be an orthodontist." – Dr. Sumit Chawla

### Fast Facts:

- Graduate of Downers Grove North High School
- Bachelor of Business Administration from Loyola University Chicago
- Doctor of Dental Surgery from Tufts University
- Orthodontic Certificate and Masters of Business Administration from Roseman University of Health Sciences
- Established Chawla Orthodontics in 2011



# Browse Our Fantastic Smile Transformations.



Before

After



Before

After



## Our Practice Proudly Offers:

- Treatments for Children & Adults
- Braces & Invisalign
- Complimentary Consultations
- Most PPO Insurance Plans Accepted
- Treatments to Create Space for Implants or Restorative Work
- Special Discounts to Dental Office Team Members & Their Families



**CHAWLA**  
ORTHODONTICS

# Braces-Friendly Recipe: Pumpkin Oatmeal Cookies

Here's a delicious braces-friendly fall recipe for Pumpkin Oatmeal Cookies! They're soft, chewy, and perfect for the season.



## INGREDIENTS

- 1 cup canned pumpkin puree
- 1/2 cup brown sugar
- 1/4 cup granulated sugar
- 1/2 cup melted coconut oil (or unsalted butter)
- 1 tsp vanilla extract
- 1 cup rolled oats
- 1 cup whole wheat flour (or all-purpose flour)
- 1 tsp baking soda
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp salt



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## INSTRUCTIONS:

Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.

In a large bowl, mix together the pumpkin puree, brown sugar, granulated sugar, melted coconut oil, and vanilla extract until smooth.

In another bowl, combine the rolled oats, flour, baking soda, cinnamon, nutmeg, and salt.

Gradually add the dry ingredients to the wet mixture, stirring until just combined.

Drop spoonfuls of the dough onto the prepared baking sheet, spacing them about 2 inches apart.

Bake for 12-15 minutes, or until the edges are lightly golden. Allow them to cool on the baking sheet for a few minutes before transferring to a wire rack to cool completely.