



Excellent Dentistry. Comprehensive Care. Exceptional Experience.

## ASHLY COTHERN DDS

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## CHEESY GROUND BEEF & CAULIFLOWER CASSEROLE

### INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- ½ cup chopped onion
- 1 medium green bell pepper, chopped
- 1 pound lean ground beef
- 3 cups bite-size cauliflower florets
- 3 cloves garlic, minced
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon ground chipotle
- 1 (15 ounce) can no-salt-added petite-diced tomatoes
- 2 cups shredded extra-sharp Cheddar cheese
- 1/3 cup sliced pickled jalapeños



### DIRECTIONS

1. Position rack in upper third of oven. Preheat broiler to high.
2. Heat oil in a large broiler-safe skillet over medium heat. Add onion and bell pepper; cook, stirring, until softened, about 5 minutes. Add beef and cauliflower; cook, stirring and breaking the beef up into smaller pieces, until it is no longer pink, 5 to 7 minutes. Stir in garlic, chili powder, cumin, oregano, salt and chipotle; cook until fragrant, about 1 minute. Add tomatoes and their juices; bring to a simmer and cook, stirring occasionally, until liquid is reduced and the cauliflower is tender, about 3 minutes more. Remove from heat.
3. Sprinkle cheese over the beef mixture and top with sliced jalapeños. Broil until the cheese is melted and browned in spots, 2 to 3 minutes.

<https://www.eatingwell.com/recipe/7919044/cheesy-ground-beef-cauliflower-casserole/>

*Celebrating 20 Years!*



# ASHLY COTHERN DDS

Dear Friends,

Here we are at another season of life. I am in a time of reflection and gratitude as we celebrate 20 years at the practice!! Wahoo!

We have grown from a staff of 4, to 8 amazing team members and have expanded the office from simply 2 operatories to 7! God has presented us with thousands of fantastic patients to love and serve, and for that we are grateful.

At our practice we have always viewed our physical office as a blessing. What a gift we have been given, the opportunity to care for, visit with, educate, and get to know handfuls of patients every day! Our prayer every morning is that patients feel that they are somewhere different when they walk through our doors. We want our patients to be confident that they are surrounded by the latest technology, materials, and techniques. Our team is the best in the business and they make me better every day. In the midst of this chaotic, noisy, and sometimes negative world, we hope to be a light in our patient's day as each individual is seen, heard, and met where they are. As we educate and serve them, we are humbled as we get to participate in helping each person be the healthiest version of themselves.

At home, things are a changin'! Kelly, our 18-year-old graduated from high school and has made her way to start the next chapter at Texas A&M University. Her current chosen major is Agricultural Economics. Our 16-year-old, Maggie, is a junior at Lake Highlands High School and is excited to dance with the Wranglers (*if you don't know about this group, ask me to show you a video next time you're in the office.*) She is also involved in singing, acting, and multiple clubs. John is 14 years old, in 8th grade at Lake Highlands Junior High and loves all things sports, but football and hockey have his heart. James our kiddo #4, is 11 years old and will finish up his last year at White Rock Elementary as a 6th grader. James loves being with family and hanging with friends. He is following in big brother's footsteps with football and hockey taking up most of his time. James also enjoys playing the piano and drawing. Mike has made a professional change and is loving working alongside the folks at Stillwater Capital in commercial real estate.

I want to thank you for choosing us as your dental home. We know that you have a choice on where you go to seek dental care, and more than ever, long-lasting personal relationships are important to me. I am humbled to care for you and am grateful for you.

Sincerely, ~Dr. C



## The Daily Floss Tips From Your Hygienists



### Mouthrinse (Mouthwash)

Your favorite hygienists love when you use mouthwash! We know the value of maintaining good oral health. Using your electric toothbrush twice daily and flossing daily are great ways to obtain good oral hygiene. Adding a mouthrinse to your routine can really improve your home care.

- The ADA refers to two types of mouthrinses: cosmetic and therapeutic.
- Therapeutic rinses can be available over-the-counter where as some are prescribed by Dr. Cothorn.
- Our favorite rinses are ones that contain Fluoride but do not contain alcohol.
- Rinses can help reduce or control plaque, gingivitis, bad breath and tooth decay.
- If you have any questions talk to Kimberly, Allison or Christy next time you are in for your professional cleaning appointment.



## WELCOME Bodhi Schroeder!

Holly, one of our clinical assistants, welcomed her baby girl on Thanksgiving 2022.

## USE IT OR LOSE IT

Dental Insurance is a great way to assist with oral health expenses, but can be a bit confusing. We encourage our patients to ask questions and get familiar with their individual plan. Knowledge is key!

One very important detail is the annual maximum. This amount generally ranges from \$1000-2500 per benefit year which is typically January - December. **Any unused amount is lost at the end of the benefit year and cannot be utilized toward your dental needs.**

**CONTACT US TODAY** to discuss your plan benefits and schedule treatment.

## Say Goodbye to Goopy Impressions and Hello to iTero Element 5D Imaging System

iTero scanning technology has revolutionized the dental industry by providing more accurate, comfortable, and efficient solutions for both patients and dentists.

### HERE ARE SOME KEY BENEFITS:

- Traditional impressions can be prone to distortions and errors. iTero scanning minimizes the risk of these errors, leading to highly accurate 3D models of a patient's teeth and oral structures.
- The digital scanning process is efficient, reducing chair time for patients and eliminating the need for uncomfortable impressions.
- Patients can view their digital impressions on a computer screen, helping them understand their dental condition and proposed treatment plans better.
- Digital models allow for precise aligner design and continuous monitoring of treatment progress with orthodontics, such as **Invisalign®**.
- The digital scans can be easily stored and integrated into a patient's electronic dental records, simplifying record-keeping and tracking of a patient's oral health history.



## Experience the World's Smartest Toothbrush

Oral-B introduces the iO Series with smart pressure sensor, custom modes and guided brushing. Track your pressure, pace, and placement in real-time with iO Sense™. First-of-its-kind iO Magnetic technology combines micro-vibrating bristles with Oral-B's dentist-inspired round brush head for a professional clean feeling.



## FUN FACTS 20 YEARS AGO...

- Myspace.com was launched
- The Top Song was *Hey Ya!* by OutKast
- *Lord of the Rings: Return of the King* won the Academy Award for Best Picture
- Friends' final episode aired on NBC
- Cost of a first-class stamp: \$0.37, dozen of eggs: \$.92, gallon of gas: \$1.83, gallon of milk: \$2.95

## Cheers to 20 Years!

You deserve the best quality in comprehensive dentistry and overall care. **The health of your mouth can be closely linked to the health of your entire body.** Dr. Cothorn is an advocate of total body wellness, and she will help you restore and maintain a beautiful smile, while encouraging you to care for your entire body. Feel free to ask us about the available options to enhance your smile the next time you are in!

#teamcothorn #exceptionalexperience #cheersto20years



**Invisalign®** clear aligners are the alternative teeth straightening treatment to braces of teeth for kids, teens, and adults. Ask us about how you can take a sneak peek at potential results with our complimentary simulation scan.

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(214) 696-9966

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