



Excellent Dentistry. Comprehensive Care. Exceptional Experience.

APRIL 2019

## ASHLY COTHERN DDS

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to see updated office information

### PEANUT BUTTER PROTEIN BALLS

*Our favorite snack throughout the day!*

#### INGREDIENTS

Yields: 16-18 balls

- 2/3 cup creamy peanut butter
- 1 cup old-fashioned oats, plus extra for rolling
- 1½ Tbsp. honey
- 1/4 cup miniature chocolate chips, plus extra for rolling
- 1/4 cup flaxseeds (optional)



#### DIRECTIONS

1. Mix all ingredients in a bowl until well-combined.
2. Cover with plastic wrap and chill in the refrigerator for at least 30 min.
3. Once done chilling, roll into approximately 1 inch balls. (Cover hands in a light layer of butter or oil to facilitate rolling and avoid getting sticky hands.)
4. Lay out a thin layer of oats and chocolate chips on a cutting board or work surface and roll the balls in the mixture. Finish off by rolling each ball between your hands to pack in the oats and chocolate chips.
5. Store in the refrigerator until ready to be eaten. Enjoy!

### FUN FACTS

- The elephant grinds its molars and grows new ones. This happens six times in a lifetime! An elephant's molar is about 7 inches square and can weigh over 6 pounds.
- George Washington never had wooden teeth. His dentures were made from gold, hippopotamus tusk, elephant ivory and human teeth!
- Known today as cotton candy, the machine that made "fairy floss" was co-invented by a dentist.
- Coconuts are a natural anti-bacterial. They reduce the risk of developing gum disease and cavities.
- Just like some lizards can grow new tails when they fall off, when a dinosaur lost or broke a tooth he grew a new one.



# ASHLY COTHERN DDS

Dear Friends,

I hope this letter finds you well. What an exciting time to be in dentistry! Over the last decade or so there have been some incredible advancements to enhance dental appointments for our patients. These advancements continue to offer the care that you expect and have become accustomed to in our office. We have been using for some time now **digital x-rays** (which decrease your exposure to radiation by up to 80%), **intraoral cameras** (which allow you to see what is going on inside of your mouth) and **iTero digital impressions** (which pick up a level of detail which is far superior to the old 'goopy' stuff). Our newest piece of technology that we have introduced into the practice is the **Oral ID**. This tool is a fluorescing light that allows us to perform a more thorough oral cancer screening. *Did you know that, worldwide, some of the major cancers such as breast, lung, prostate and cervical are on the decline?* Unfortunately, oral cancers are on the incline. We believe that early detection is key and feel that this tool is a great adjunct to our practice and supports our philosophy of comprehensive care.

Well into my second decade of practicing, I am still passionate about dentistry and caring for patients. I find our practice to be life-giving and a source of joy and professional fulfillment. I am thankful to work with the industry's best and grateful for wonderful patients to care for.

At home, our kiddos continue to keep us busy from sun up to sun down. Kelly is now 14, Maggie is 12, John is 9 and James is 7. Their activities range from soccer to hockey, to cheerleading to baseball, to football to cross country, to volleyball to basketball, to track...Whew! We are in a very busy, yet sweet stage of life. So much to be grateful for.

It is our honor and privilege to care for you and your family. We acknowledge that you have a choice where you seek dental care and we are thankful that you continue to choose us

We will look forward to seeing you soon! ~Dr. C



## The Daily Floss Tips from your Hygienist

### TO PROTECT YOUR ORAL HEALTH, PRACTICE GOOD ORAL HYGIENE EVERY DAY.

- Brush your teeth at least twice a day with fluoride toothpaste.
- Floss daily.
- Eat a healthy diet and limit between-meal snacks.
- Replace your toothbrush every three to four months or sooner if bristles are frayed.
- Schedule regular dental checkups and cleanings.
- Avoid tobacco use.
- Taking care of your oral health is an investment in your overall health.

A tongue scraper (also called a tongue cleaner or tongue brush) is an oral hygiene device designed to clean off bacteria, food debris, fungi, and dead cells from the surface of your tongue. It can be made of plastic or metal, both work great! The bacteria and fungi on the tongue are related to many common oral care and general health problems and can be a leading cause of bad breath for many. Ask me for a new one when you come in for your professional cleaning!

See you at your next visit! ~Kimberly, RDH

## APPOINTMENT CONFIRMATIONS

Dr. Cothern and our entire team prepares for your unique appointment to provide the best experience possible. Our goal is to get you in and out of your appointment on time and spend the time allotted on what is most important, YOU!

**APPOINTMENT TIME CAN BE CONFIRMED IN  
THREE WAYS AND CAN BE UPDATED AT ANY TIME.**

**PLEASE LET US KNOW WHAT METHOD  
IS BEST FOR YOU:**

**1) e-mail 2) text message 3) phone call**

Please note that appointment times cannot be guaranteed if we do not receive confirmation by the business day prior to your scheduled visit.

## April is Oral Cancer Awareness Month »

Contact us at **(214) 696-9966** to schedule your oral health evaluation.

### BE MINDFUL OF SYMPTOMS

Your mouth is one of your body's most important early warning systems. In between dental visits, it is important for patients to be aware of the following signs and symptoms, and to see a dental professional if they do not improve or disappear after two-three weeks:

- a sore, or soreness or irritation that doesn't go away
- red or white patches, or pain, tenderness, or numbness in mouth or lips
- lumps, thickening tissues, rough spots, crusty or eroded areas
- difficulty chewing, swallowing, speaking, or moving your jaw or tongue
- a change in the way your teeth fit together when you close your mouth

### FACTORS THAT MAY INCREASE RISK

Research has identified a number of factors that may contribute to the development of oral cancer. Historically,

those at an especially high risk of developing oral cancer have been heavy drinkers and smokers older than age 50, but today the cancer also is occurring more frequently in younger, nonsmoking people. The sexually transmitted human papillomavirus 16 (HPV) is related to the increasing incidence of oropharyngeal cancer (most commonly involving tonsillar tissue, including the base of tongue) in that younger population. HPV caused oropharyngeal cancer may present with one or more of the following persistent (longer than two-three weeks) signs and symptoms:

- a painless lump or swelling felt in the neck
- sore throat, difficulty swallowing, or pain when swallowing
- swelling of the tonsillar areas at the back of the mouth

*Be aware of the symptoms and risk factors of oral and oropharyngeal cancer. Early detection and treatment may well be the key to a complete recovery.*

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## OralID®



## ORAL CANCER KILLS ONE AMERICAN EVERY HOUR **HAVE YOU BEEN SCREENED?**

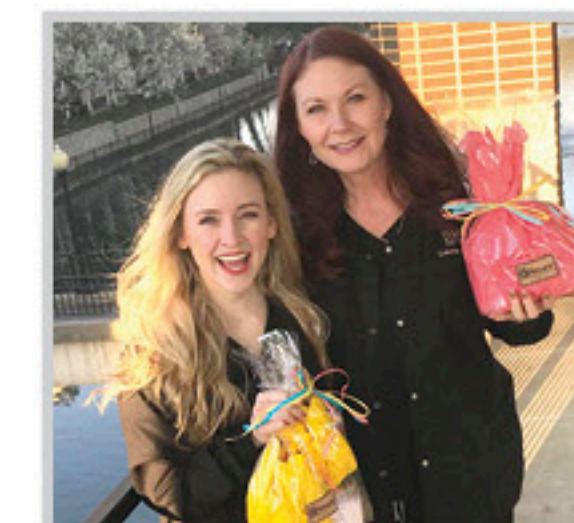
Oral ID uses a proven, optically based technology called, "fluorescence technology." OralID's fluorescence technology uses a blue light (435-460 nm) that provides the clinician an aid in visualization of oral mucosal abnormalities, such as oral cancer and pre-cancer. The other medical applications of fluorescence technology include highlighting abnormalities of the GI tract, cervix, lung, and skin.

© www.forwardscience.com/oralid



The Cothern Crew is passionate about your oral and overall health as well as the direct impact they have on each other. February was Heart Health Awareness Month and we encourage our patient family to know their risk for heart disease. [www.heart.org](http://www.heart.org)

With oral cancer on the rise, Dr. Cothern and her team are dedicated to prevention because early detection can save lives. [#kissingcancergoodbye](https://www.instagram.com/kissingcancergoodbye) [www.aaom.com](http://www.aaom.com)



Celebrating Holly and Laurie for Dental Assistant Appreciation Week. They are imperative to the operation of our office and we love and cherish them both! Keep up the exceptional work, ladies! [#comprehensivecare](https://www.instagram.com/comprehensivecare)