

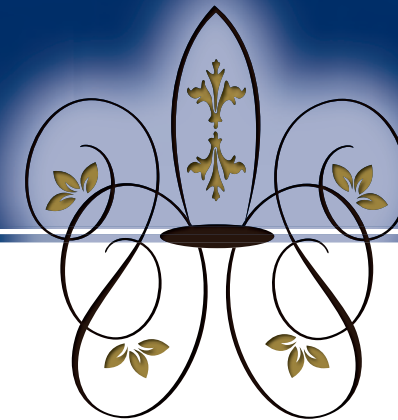


Excellent Dentistry. Comprehensive Care. Exceptional Experience.

AUGUST 2016

ASHLY COTHERN DDS

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ASHLY COTHERN DDS



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ALMOND BUTTER CHOCOLATE CHIP COOKIES

Prep Time: 2 minutes | Cook Time: 13 minutes | Yield: 24 Cookies

INGREDIENTS

- 1 c. Almond Butter
- 3/4 c. Birch **Xylitol**
- 1 Large Egg
- 1 tsp. Vanilla Extract
- 1/2 tsp. Baking Soda
- 1/4 tsp. Celtic Sea Salt
- 2 oz. Dark Chocolate Chips



DIRECTIONS

1. Preheat oven to 325 degrees F.
2. In medium mixing bowl, with a large spoon, mix together almond butter, xylitol, egg, vanilla extract, salt and baking soda.
3. Fold in dark chocolate chips.
4. Using a cookie scoop, spoon cookie dough onto Silpat lined baking sheet.
5. Flatten slightly by doing a criss-cross pattern with a fork.
6. Bake for 13-15 minutes.
7. Cool on rack. Enjoy!

LESS BACTERIA
LESS ACID
HEALTHIER TEETH!



Because the bacteria in the mouth that are causing cavities are unable to digest xylitol, their growth is greatly reduced. The number of acid-producing bacteria may fall as much as 90%. No acid is formed because the pH of saliva and plaque does not fall. After taking xylitol, the bacteria do not stick well on the surface of the teeth and as a result, the amount of plaque decreases.

www.xylitol.org





Dear Friends,

I sure do love the changing of seasons. By the time you

get this, summer with our 4 kids full of fun, family, snow cones, lazy days, traveling, camping, grilling and playing will be coming to an end. School and football season is right around the corner.

What a wonderful time it is to be in dentistry. Because of technology such as digital xrays, digital impressions, and intraoral cameras, we now have the opportunity to care for our patients at an even higher level. We can diagnose earlier, treat more efficiently, and all the while keeping the patients safer and more comfortable.

It is a privilege to serve you each day. We are passionate about dentistry and are grateful to call it our profession. It is our pleasure to care for you. Give Patsy or Shawn a call today and let us know how we can serve you.

~ Dr. C.



THE ONE EXAM **EVERY MAN** NEEDS TO HAVE

Regular dental checkups are important for everyone, but they're especially vital for men. Men are twice more likely to get oral cancer. Approximately 40,000 Americans are diagnosed each year with oral and pharyngeal (throat) cancers. According to the National Cancer Institute, 15 in 100,000 diagnosed each year are men.

Early detection can result in better treatment outcomes and may help keep an important man in your life – maybe even yourself – from becoming one of the 8,000 people whose lives are claimed each year by the disease.

WHAT HAPPENS DURING AN ORAL CANCER SCREENING?

During your regular exam, your dentist will ask you about changes in your medical history and whether you've been having any new or unusual symptoms.

Then, your dentist will check the oral cavity. This includes your lips, cheek lining, gums, the front part of your tongue, the floor of your mouth and the roof of your mouth. Your dentist will also examine your throat (pharynx) at the soft part at the roof of your mouth, including your tonsils, the back section of your tongue and where your tongue attaches to the bottom of your mouth. The dentist will move on to feel your jaw and neck for any lumps or abnormalities.

American Dental Association <http://www.mouthhealthy.org/en/oral-cancer-screen>

DID YOU KNOW?

Did you know that the average adult between the ages of 20 and 64 has three or more decayed or missing teeth? If you are missing one or more teeth, there are plenty of reasons to correct the problem. Talk to your dentist for more information about improving your smile.

<http://www.mouthhealthy.org/en/adults-40-60/>

BRIGHTEN YOUR SMILE

Your enamel is porous, and attracts stains over time. Removing these dark compounds from within your enamel brings out the true beauty in your smile. In-Office whitening takes just one appointment, and results can last for years if cared for properly.

Our office is offering 1/2 off IN-OFFICE WHITENING this summer until August 31st.



BEFORE



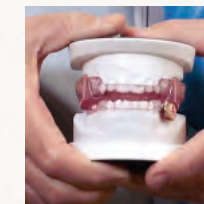
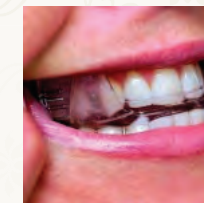
AFTER

ARE YOU AT RISK FOR SLEEP APNEA?

<http://somnomed.com/us/sleep-apnea-screening/>

An ideal treatment option: SomnoDent

A SomnoDent oral appliance is a premium, custom-fitted dental sleep appliance developed for the treatment of snoring and obstructive sleep apnea. It is an effective, comfortable, and durable alternative to CPAP therapy or corrective surgery. By simply wearing a SomnoDent while sleeping, your lower jaw (mandible) will be moved forward into a comfortable position, allowing relaxation of the tissues at the back of your throat and ensuring the base of your tongue does not collapse and block your airway, giving you a safe and soundless sleep. Most patients and practitioners prefer oral appliance therapy for its comfort, convenience and effectiveness.



The Daily Floss Tips from your Hygienist

Information courtesy of the Academy of General Dentistry

More than 80 million people suffer from chronic halitosis, or bad breath. In most cases it originates from the gums and tongue. Bad breath can be very embarrassing, but it is a common condition and there are numerous ways to fight it. Following these tips can help you fight bad breath as well as keep your mouth healthy on a daily basis.

BRUSH TEETH TWICE A DAY. Brush your teeth two to three minutes a day to remove plaque and food debris. It's very important to brush your teeth before going to bed to remove the bacteria that causes bad breath to grow.

FLOSS DAILY. Flossing will remove food debris from in between the teeth that a toothbrush can't reach. If the food debris is not removed, the bacteria will begin to feed on it, causing bad breath.

BRUSH OR SCRAPE YOUR TONGUE. To remove any residue that may be building up between the taste buds and folds in the tongue, invest in an inexpensive tool called a tongue scraper, which is available in drugstores. If you don't have a tongue scraper, you can use your toothbrush to brush your tongue.

VISIT YOUR DENTIST. The best way to make sure that you are maintaining good oral hygiene is to visit your dentist

regularly. If you have chronic bad breath, you should visit your dentist first, to rule out any dental problems. Or, if your dentist believes that the problem is caused from a systemic (internal) source such as an infection, he or she may refer you to your family physician or a specialist to help remedy the cause of the problem.

QUIT SMOKING AND AVOID TOBACCO PRODUCTS. If you ever needed another reason to quit, here's an easy one: smoking contributes to bad breath. Tobacco tends to dry out your mouth and can leave an unpleasant smell that lingers even after brushing your teeth.

WET YOUR WHISTLE. Be sure to drink a sufficient amount of water (six to eight 8-ounce glasses) daily to avoid dry mouth. Drinking water will help keep odor under control because it helps wash away food particles and bacteria, the primary cause of bad breath. If you have chronic dry mouth or take medications that cause you to have dry mouth, talk to your dentist about recommending an over-the-counter saliva substitute.

EAT A PIECE OF SUGARLESS CANDY OR CHEW SUGARLESS GUM. If you have dry mouth, try sucking on a piece of sugarless candy or chew sugarless gum to stimulate saliva flow. The saliva will help to wash away food debris and bacteria that cause bad breath.

EAT YOUR PARSLEY. Parsley adds more than a green garnish to your lunch plate; it's also a breath-saver because it contains chlorophyll, a known breath deodorizer. So pick up that sprig on your plate and chew it thoroughly. Or toss a few handfuls in a juicer and sip the juice when you need to refresh your breath.



We hope you enjoy the rest of your summer and look forward to seeing you at your next appointment!

~ Dr. C and team ~