



Excellent Dentistry. Comprehensive Care. Exceptional Experience.

AUGUST 2017

## ASHLY COTHERN DDS

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to see updated office information

### HOMEMADE FROZEN FRUIT BARS

Prep Time: 30 minutes | Serves 3



#### INGREDIENTS

- 1 cup fruit (e.g. 1 cup frozen blueberries or chopped frozen strawberries, etc.)
- 1/4 cup full fat coconut milk OR whole milk yogurt
- 1 tsp. lemon juice
- 1/4 tsp. vanilla extract
- 1-2 tbsp. **XYLITOL**



#### DIRECTIONS

Cut fruit chunks into small pieces (1/2") and freeze on a parchment-lined cookie sheet overnight, or until solid. Working quickly, add fruit chunks to food processor. Add the rest of the ingredients. Pulse fruit in food processor until it forms slushie-like texture. Using a small spatula, scrape slushie mix out of processor into a ziptop baggie. Cut the corner off and pipe mix into popsicle molds.

<http://healthyindulgences.net>

### FUN FACTS

- Like fingerprints, every ones tongue print is different!
- More than 300 types of bacteria make up dental plaque!
- The average amount of money left by the tooth fairy in 1950 was 25 cents. In 1988 it was \$1.00 and the going rate now is \$2.00.
- The average woman smiles 62 times a day. The average man smiles about 8 times a day.
- If you don't floss, you miss cleaning 40% of your tooth surface.
- You should keep your tooth brush away from the toilet. The airborne particles from the flush can travel up to a distance of 6 feet. "GROSS"



# ASHLY COTHERN DDS

Dear Friends,

Well, here we are again...moving into a new season. This whole "passage of time" thing has really been hard for me. I feel as though I blink and another year has passed.



On the home front, our kiddos continue to grow and thrive. My oldest is now officially taller than me, our baby is in kindergarten, and the two in the middle are growing at the speed of light!

At the practice, I continue to be in a state of gratitude. I am so very thankful to be able to come to my place of business and be surrounded by some of my dearest friends. These ladies are not only top notch in their profession, but they are exceptional human beings! How lucky am I? Our patients...WOW, y'all are fantastic! I love that I get to see each of you a few times a year not only to take care of your oral health, but also to further our relationship and to know more about you and your families.

Dentistry itself, the materials, technology, amenities, comfort, image, experience and office locations are changing at a rapid rate. We believe in offering the latest in technology and materials, but we firmly believe in getting back to the basics as well. By that I mean, I try to do a few things very well...dentistry, communication and relationships.

In today's world, there is a dental office on every corner with a new bargain, deal or slogan. Clearly, you have many choices when it comes to your dental home. We are honored and privileged that you continue to choose us. We vow to provide excellent dentistry, comprehensive care and an exceptional experience! **Thank you for the opportunity to care for you.**

See you in the office  
~Dr. C

*Thankful  
&  
Grateful*



## The Daily Floss Tips from your Hygienist

**GUM INFECTION** can affect your teeth and surrounding tissues. Because the disease doesn't cause pain, many people don't know they have it. Gum disease is a leading cause of tooth loss in adults.

You can prevent gum disease with simple steps that take just a few minutes. Proper brushing and flossing techniques are essential. After you floss, follow these steps to brush both your teeth and your gums:

- **PROPER ANGLE** - Make sure you hold your toothbrush at a 45-degree angle towards the gum line.
- **SHORT STROKES** - Move the brush back and forth in short gentle strokes brushing both the front and back of your teeth and gums.
- **USE THE TIP** - To get behind your front teeth, use the tip of the brush on the top and on the bottom teeth.
- **BRUSH YOUR TONGUE** - Keep your mouth fresh by brushing your tongue.

See you at your next visit! ~Kimberly, RDH

## 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.

## INTRODUCING AcceleDent®

Our office is now a provider of the AcceleDent, one of the biggest breakthroughs in orthodontics in years. **WHEN COMBINED WITH INVISALIGN, TREATMENT TIME CAN BE REDUCED UP TO 50%!**

AcceleDent applies micropulses to your teeth and speeds the rate at which your teeth move into the right position without any reported side effects. This technology was inspired by decades of research that prove small vibrations can significantly speed the mending of broken bones. This same technology works to remodel tooth movement for an orthodontic patient. Many patients used to

expect to wear Invisalign aligners up to a year or more. With this new technology, you may be able to cut your treatment in half. Also, our patients say AcceleDent reduces the discomfort of wearing braces or clear aligners.

AcceleDent is safe, gentle and you use it for just 20 minutes a day. It is completely hands free. Just insert the mouthpiece between your teeth, turn it on and bite into it for 20 minutes while you watch TV, check your emails; you can do almost anything while using the device.

We have many patients who have some kind of deadline they want to



meet to get their braces off. They're getting married, graduating, or heading out on a big vacation. To them, AcceleDent has given them an advantage.

**Give us a call to see if you are a candidate for Invisalign and/or AcceleDent!**



## SIP ALL DAY GET DECAY

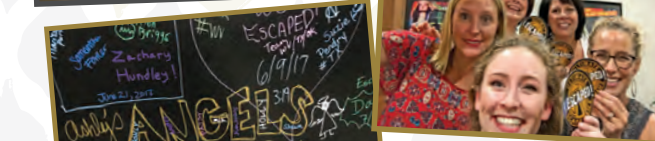
**SODAS • FRUIT DRINKS • FLAVORED WATER  
SPORTS & ENERGY DRINKS • ICED TEAS • COFFEE**

### REDUCE DECAY: THINGS TO START DOING NOW

- Drink soft drinks in moderation.
- Don't sip for extended periods of time. Ongoing sipping prolongs sugar and acid attacks on your teeth.
- Use a straw to keep the sugar away from your teeth.
- After drinking, swish your mouth out with water to dilute the sugar.
- Never drink soda pop or juice before bedtime because the liquid pools in your mouth and coats your tongue and teeth with sugar and acid.
- Read labels. Regular soda pop is high in sugar. And diet or "sugar-free" soda pop is high in acid. Sugar and acid are both bad for your teeth.
- Drink water instead of soft drinks. It has no sugar, no acid and no calories.
- Get regular checkups and cleanings to remove bacteria buildup (plaque). Floss, too.
- Use a fluoride toothpaste to protect your teeth.

Sip All Day, Get Decay® - [www.sipallday.org](http://www.sipallday.org)

Visit us online [drcothern.com](http://drcothern.com)



## ASHLY'S ANGELS

were on a mission at Ultimate Escape and enjoyed spending time together outside of the office. #teamwork #exceptionalexperience

**We look forward to seeing you soon!**