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FEBRUARY 2014

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American Heart Month: February Means Heart Disease Awareness!

Heart disease is the leading cause of death in the United States. The month of February is dedicated to raising awareness about heart disease and increasing knowledge about prevention. Help us celebrate and support Heart Awareness Month this February by wearing red! We will donate \$1 to our local chapter of the American Heart Association if you do! Here are some helpful sites for more information!

www.GoRedforWomen.org www.Shopheart.org www.Heart.org



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[FACEBOOK.COM/ASHLYCOTHERNDDS](https://www.facebook.com/ASHLYCOTHERNDDS)

to see updated office information and to be entered into a monthly drawing to receive free products!



We are excited to announce that Dr. Cothern was, once again, named one of D Magazine's Best Dentists Dallas for 2013! We are proud to be a different place for our patients and that our efforts to serve you well are noticed!



Dear Friends,

Happy New Year! As I reflect on 2013, I find myself feeling so grateful for the honor to serve, educate and get to know you all as patients and friends. As a team we continue to challenge ourselves towards excellence and serving you better. We have had the pleasure of seeing you all become healthier by keeping your regular

dental hygiene appointments. As you may know, I am an advocate of education for preventive care to keep you healthier. I have seen many of you take my advice and use an electric toothbrush and floss daily and I have had the joy of seeing the benefits in your mouths and I know you are improving your whole body health. These small lifestyle changes can make a big difference! As I look forward to February Heart Awareness Month I encourage you all to look for small lifestyle changes that may bring you closer to total body health; such as drinking more water, finding fun ways to get out and exercise and eating more fruits and vegetables.

Cheers to a healthier you in 2014!

Ashly



In January, our team met with Doctors Beth Kassanoff, Jennifer Wilkerson and Alison Sibley. We are partnering with this group of physicians in order to better educate ourselves and our patients with regards to the link between periodontal disease and heart disease. For many years, our patients have thought of their dental care and medical care as separate entities, but we now know that for optimal overall health, the two go hand in hand. Start your year off with not only a trip to get your teeth cleaned, but with a physical as well! Here's to your health!



We attended the Southwest Dental Conference in January. We spent two days as a team focused on bettering ourselves; therefore serving our patients more comprehensively. We honed our skills on leadership, team work, dental materials and the latest technology. Thanks Doctor Cothorn, that was fun!

Email Confirmations

JUST A REMINDER REGARDING EMAIL CONFIRMATIONS:

If you have opted to receive email reminders you should receive an reminder email before your appointment asking you to click to confirm. In order for us to receive your confirmation via email we need you to click **two** confirmation buttons.

After you initially click to confirm, a second page should appear asking you to click another button on the page in order to send the confirmation. Although we have made an effort to try and have this changed, the company we use says due to HIPPA regulations and to protect your information we must use the second confirmation page.

Unfortunately we do not receive your confirmation unless you click the second button. If you are not getting email or text confirmations and would like to, simply let us know and we will set you up to receive them from our office.

The Daily Floss

Tips from your Hygienist



Studies have shown that people with moderate or advanced gum (periodontal) disease are more likely to have cardiovascular disease (CVD) than those with healthy gums. Prevention is the best medicine.

While regular dental exams and cleanings are necessary to remove bacteria, plaque and tarter and detect early signs of gum disease, you can play a major role in preventing gum disease:

- Brush for two to three minutes, twice a day, with an electric toothbrush and fluoridated tooth paste. Be sure to brush along the gum line.
- Floss daily to remove plaque from places your tooth brush can't reach.
- Use a fluoride mouth rinse to reduce plaque.
- Eat a healthy diet to provide essential nutrients (vitamins A and C, in particular).

These good oral hygiene practices along with regular dental checkups and professional cleanings can improve your oral health and contribute to good overall health. If you have any questions regarding these practices, just ask! *Kimberly, RDH*

Oral Health & Your Heart



CARDIOVASCULAR DISEASE

(CVD) is a disease involving the heart and blood vessels. It's the No. 1 cause of death and disability in the United States today, with almost 700,000 Americans dying of heart disease each year. That represents almost 29% of all deaths in the United States.

Heart disease and gum disease have several things in common. For example, inflammation is common in both cases, and inflammation can contribute to narrowing coronary arteries and breaking down the tissue that holds teeth in place. Emerging research suggests a possible association between gum disease and CVD, as the oral bacteria of gum disease can enter the bloodstream and cause a defense reaction throughout the body. Also, bacteria from the mouth can travel to important organs in the body, including the heart, and begin a new infection. 79.4 million Americans had one or more forms of CVD in 2004.

Treating CVD depends on what form of the disease a patient has. The most effective treatments are always lifestyle changes. Whether CVD development is related to gum disease or not, keeping up with good brushing and flossing habits is essential.

CVD—WHAT'S THE COST?

Cardiovascular disease (CVD)—including heart disease and stroke—causes the deaths of more American men and women, regardless of their race or ethnic background, than any other disease. What's more, CVD costs Americans billions of dollars each year—about \$300 billion—in health care treatments, medications, and lost productivity because of disability and death.

SOME TYPES OF CVD

- Arteriosclerosis (hardening of the arteries)
- Coronary artery disease (condition reducing blood flow through the coronary arteries)
- Heart valve disease (condition causing malfunction of heart valves)
- Arrhythmia (irregular heartbeat)
- Hypertension (high blood pressure)
- Orthostatic hypotension (sudden drop in blood pressure upon standing)
- Endocarditis (inflammation of the lining of the heart)
- Heart failure (cessation of heartbeat)

CVD RISK FACTORS

- Age
- Diabetes mellitus
- High cholesterol
- Smoking
- Exposure to high levels of environmental noise
- Obesity
- Genetic factors/family history

References are available at the Contemporary Oral Hygiene Web site. www.contemporaryoralhygieneonline.com

IF YOU'RE AT RISK FOR CVD...

See a physician and discuss proper ways to prevent it, as well as different possible treatments if you find out you have it. Also, talk to your dentist or hygienist about gum disease and ask if it's a potential problem for you and your overall health. Make sure you visit your medical and dental professionals on a regular basis to remain as healthy as possible.

WHAT YOU CAN DO

A Healthy Diet Can Help Decrease Your Risk:

- Keep your total cholesterol below 200 mg/dL
- Eat plenty of fruits and vegetables
- Limit or eliminate extra salt or sodium
- Reduce the amount of saturated fat in your diet

SURPRISE!

ORAL HEALTH COULD AFFECT YOUR HEART

Researchers have found that people with severe gum disease are almost twice as likely to suffer from some form of cardiovascular disease (CVD) as those without gum disease. Gum disease is caused by a bacterial infection in the mouth—specifically in the soft tissue that supports the teeth. When your body reacts to this infection, your gums become inflamed, they may bleed, and in severe cases, your teeth may become loose.

The earliest form of gum disease is called gingivitis and the most severe is periodontal disease. When bacteria infect your mouth, inflammation results as your body fights the infection. Systemic inflammation has been shown to be associated with an increased risk of CVD.

Preventing gum disease and the accumulation of bacteria in the mouth by brushing and flossing twice a day—as well as seeing your dentist and dental hygienist on a regular basis—could ultimately be one way to also help prevent CVD problems.

In 2004, more than 147,000 Americans killed by CVD were under 65 years of age.

The Third National Health and Nutrition Examination Survey (NHANES III), involving 10,000 Americans between the ages of 18 and 74, found that people with periodontal disease were much more likely to be diagnosed with heart disease than those without periodontal disease.

Some information courtesy of the Academy of General Dentistry

5 TIPS TO HELP PREVENT CARDIOVASCULAR PROBLEMS

- Abstinence from tobacco use
- Cardiovascular exercise (aerobics); talk to your doctor before starting an exercise program
- Healthy eating habits
- Some medications (discuss with your doctor)
- Aspirin therapy (talk to your doctor before starting any new medication program)