



Excellent Dentistry. Comprehensive Care. Exceptional Experience.

ASHLY COTHERN DDS

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Visit us at drcothern.com

Chicken Cutlets with Tomato Sauté

Serves 12; 1 muffin per serving

INGREDIENTS:

- 1 ½ lb small chicken cutlets (8 to 12)
- kosher salt and pepper
- 2 T olive oil
- 1 ½ pints grape or cherry tomatoes
- ¾ cup dry white wine (such as Sauvignon Blanc)
- 4 scallions, sliced
- 2 T fresh tarragon leaves, chopped



DIRECTIONS:

1. Season the chicken with ½ t salt and ¼ t pepper. Heat the oil in a large skillet over medium-high heat.
2. Working in 2 batches, cook the chicken until browned and cooked through, 2 to 3 minutes per side. Transfer to plates.
3. Add the tomatoes to the skillet and cook over medium-high heat, stirring occasionally, until they begin to burst, 2 to 3 minutes.
4. Add the wine and simmer until the liquid is reduced by half, 2 to 3 minutes.
5. Stir in the scallions and tarragon and serve with the chicken.

*Recipe courtesy of the American Heart Association



National Wear Red
Day is February 5th!



American Heart Association | American Stroke Association®

life is why™



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to see updated office information

FEBRUARY 2016



ASHLY COTHERN DDS

ACTUAL PATIENT

DEAR FRIENDS,

Here we are at the start of another New Year!! Personally, I would love for time to slow down a bit. With our kiddos being 11, 9, 6 and 4 we are cherishing family time, making as many memories as possible and trying to stop and “smell the roses” too!

At the office, we are beginning 2016 with some change. We are losing two precious team members. Our office assistant, Cassidy has been presented with an opportunity to work with her mother-in-law and still get to be home a few days a week with her daughter, Emma. And our assistant Tammy has married the love of her life and they will be traveling the world and spending time with children and grandchildren. I am thankful each day to come to an office to serve our patients alongside some incredible women, who also have a heart of service.

We are grateful to celebrate Heart Health Month and share with our patients the connection between your mouth and the rest of your body including major organs such as the brain, heart and lungs. Keeping up your professional cleanings is imperative to allow Kimberly and myself to screen you for cavities, periodontal disease and oral cancer. It is also very important to complete any dental treatment that has been recommended. If you have bacteria present in your mouth from cavities or broken down fillings or crowns, you potentially increase your risk of heart disease, stroke and even Alzheimer's.

It is our privilege to care for you, communicate with you and educate you. We recognize that you have many options for your dental care and we are thankful that you value your health and your smile enough to allow us to provide for your dental needs.

“And Jesus grew in wisdom & stature & in favor with God & man.” Luke 2:52
I pray that each one of us grows this year in physical, mental and spiritual health.
Let's make it a great year!

Sincerely,
Dr. Cothorn
Brush and floss...it just might extend your life!

HAPPY NEW YEAR from the Cothorn Family



WELCOME SHELLEY

Shelley has over 19 years of dental assisting experience and we are so excited to have her on board! She, her husband and two children live in Crandall. Make sure you say hello to her the next time you are in!

HEALTH BENEFITS OF STRAIGHT TEETH

You may be surprised to know that the benefits of having properly aligned teeth extend far beyond a confident smile.

Bacteria that causes cavities and periodontal (gum) disease can harbor in areas where teeth are not aligned properly. Studies by the American Dental Association have shown that oral infections can also lead to other more serious ailments such as heart disease, stroke, pneumonia, and diabetes.

Invisalign aligners make daily oral hygiene easier, thus reducing the risks of possible problems.

Contact our office today to see if you are a candidate.

\$1000 OFF
COMPREHENSIVE INVISALIGN
in honor of Heart Health Month
expires 2/29/16



The Daily Floss Tips from your Hygienist

By: AMERICAN HEART ASSOCIATION NEWS



SUGAR-SWEETENED DRINKS LINKED TO INCREASED VISCERAL FAT

Drinking sugar-sweetened beverages every day was associated with an increase in a particular type of body fat that may affect diabetes and heart disease risk, according to new research in the American Heart Association's Journal Circulation.

Visceral fat or “deep” fat wraps around a number of important internal organs such as the liver, pancreas and intestines. Visceral fat affects how our hormones function and is thought to play a larger role in insulin resistance – which may boost Type 2 diabetes and heart disease risk.

Participants in the study were ranked into four categories: non-drinkers; occasional drinkers (sugar-sweetened beverages once a month or less than once a week); frequent drinkers (once a week or less than once a day); and those who drank at least one sugar sweetened beverage daily.

Over a six-year follow-up period, independent of the participants' age, gender, physical activity, body mass index and other factors, they found visceral fat volume increased by:

- 658 centimeters cubed for non-drinkers;
- 649 centimeters cubed for occasional drinkers;
- 707 centimeters cubed for frequent drinkers; and
- 852 centimeters cubed for those who drank one beverage daily.

Sugar-sweetened beverages are the largest contributor of added sugar intake in the United States. Sucrose or high fructose corn syrup are two of the most common sugars found in these popular drinks, which include caffeinated and decaffeinated soda, carbonated and non-carbonated drinks with added sugar, fruit juice, and lemonade.

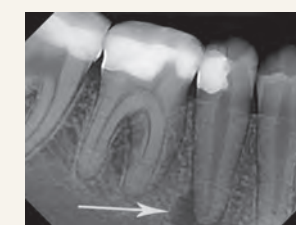
Daily consumption of added sugar, such as those found in sugar-sweetened beverages and processed foods, is high; in 2001 to 2004, the usual intake of added sugars for Americans was 22.2 teaspoons per day or an extra 355 calories. Dietary guidelines released last week recommended limiting added sugar to 10 percent or less of calories.



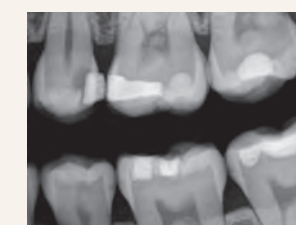
BECKY'S STORY

“I had a tooth which was slightly misaligned and I was self-conscious about it, especially in photos. After completing Invisalign treatment, I love that I look at pictures of myself and don't feel the least bit self-conscious. I feel more confident around people and love that my teeth are perfectly spaced for flossing. Invisalign was worth the process, the expense and knowing that I have a healthier mouth now!” ~Becky

EVER WONDER WHY WE TAKE XRAYS?



Abcess (tooth infection)



Decay under existing filling

We are all about prevention! Xrays help us detect problems early which allows us to be conservative with treatment and can save you time and money.

SOME REASONS XRAYS ARE SO IMPORTANT:

- Detect decay between teeth which is sometimes not visible during a visual exam
- Check for bone loss associated with periodontal disease and/or tooth infections
- Check for decay under existing restorations such as fillings and crowns
- Diagnose tooth infection - the alarming truth is that many patients experience zero symptoms

DID YOU KNOW...

- The Surgeon General reports that at least 80% of American adults have gum disease.
- Cavities are caused by a germ that spreads during kissing and sharing food.
- Gum therapy improves blood vessel health and helps prevent heart attack and stroke.