



Excellent Dentistry. Comprehensive Care. Exceptional Experience.

ASHLY COTHERN DDS

9669 N. Central Expy. Suite 220
Dallas, Texas 75231
(214) 696-9966



drcothern.com

HEART HEALTHY APPLE CRISP

*Recipe courtesy of <http://heart-healthy.recipes-network.net/apple-crisp.html>
Makes 10 Servings

INGREDIENTS:

- 5 c Granny Smith apples, peeled and sliced thin
- 1/2 c light brown sugar, packed
- 2 tbsps light margarine, softened
- 1/2 tsp cinnamon

TOPPING:

- 1/4 c light brown sugar, packed
- 1/2 tsp cinnamon
- 1 c granola, broken into pieces
- 1/2 c unbleached flour
- 3 tbsps light margarine



DIRECTIONS:

- 1 Preheat oven to 375.
- 2 Prepare a 10" pie pan with cooking spray; set aside.
- 3 In a mixing bowl, combine apples, half cup brown sugar, two tablespoons margarine, and half teaspoon cinnamon. Mix well.
- 4 Spread mixture into prepared pan; set aside.
- 5 Meanwhile, to prepare topping, combine remaining brown sugar, remaining cinnamon, granola, flour, and remaining margarine. Mix until crumbly.
- 6 Sprinkle over apple mixture - do not press down on apples.
Bake for 45 minutes, or until apples are tender.



American Heart Association | American Stroke Association®

life is why™

National Wear Red Day® is Friday, February 3, 2017!



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to see office updates!

FEBRUARY 2017



ASHLY COTHERN DDS

ACTUAL PATIENT



DEAR FRIENDS,

I hope this year is treating you well. We are off to a great start! Our oldest, Kelly, is 12 years old and finishing up her last year in elementary school. She spends most of her time playing select soccer, reading, and hanging out with family and friends. Her sister, Maggie, is now 10 years old. She enjoys playing soccer (really any sport will do), tumbling and mixing music on her turntables. Our boys, John (7 years old) and James (5 years old), are doing great in school and love anything hockey! Whether it's playing hockey or going to STARS games, hockey is always in the mix.

I am so grateful for the amazing team that I am privileged to work with each day. Patsy just celebrated her 21st anniversary at this office. Amazing! Together, these ladies bring over 70 years of experience.

Over the past decade, dentistry has changed quite a bit. We recognize that our patients have many choices and we are grateful to serve and care for each one of you. I have designed this practice in such a way that our patients have a unique experience, know that they are cared for well and receive the finest quality of dentistry around!

As we celebrate Heart Health Month, join us in taking care of yourself by exercising, eating well balanced meals, getting an annual physical, relaxing often, playing frequently, and flossing daily. Let's make this year great! We look forward to seeing you in the office.

photos by: abby white photography

~ Dr. Cothorn

HOW TO HELP PREVENT HEART DISEASE - AT ANY AGE

CHOOSE A HEALTHY EATING PLAN.

The food you eat can decrease your risk of heart disease and stroke. Choose foods low in saturated fat, trans fat, and sodium. As part of a healthy diet, eat plenty of fruits and vegetables, fiber-rich whole grains, fish (preferably oily fish-at least twice per week), nuts, legumes and seeds and try eating some meals without meat. Select lower fat dairy products and poultry (skinless). Limit sugar-sweetened beverages and red meat. If you choose to eat meat, select the leanest cuts available.

It's never too early or too late to learn the warning signs of a heart attack and stroke. Not everyone experiences sudden numbness with a stroke or severe chest pain with a heart attack. And heart attack symptoms in women can be different than men. (www.heart.org)

BE PHYSICALLY ACTIVE.

You can slowly work up to at least 2½ hours (150 minutes) of moderate-intensity aerobic physical activity (e.g., brisk walking) every week or 1 hour and 15 minutes (75 minutes) of vigorous intensity aerobic physical activity (e.g., jogging, running) or a combination of both every week. Additionally, on 2 or more days a week you need muscle-strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest shoulders, and arms). Children should get at least 60 minutes of activity every day.

"An ounce of prevention is worth more than a pound of cure"

Croatian Proverb

MOUTH HEALTH MATTERS!

— exploring oral - systemic health —

CARDIOVASCULAR DISEASE

#1 The number one cause of death in the United States, claiming more lives than all types of cancer combined.¹

Risk factors for heart disease:

✓ High blood pressure	✓ Physical Inactivity
✓ High cholesterol	✓ Poor Diet
✓ Diabetes	✓ Smoking
✓ Gum Disease ²	✓ Drinking Alcohol

Coronary heart disease patients' risk of death increases with every tooth lost.³

BETWEEN 80 - 90% percent of heart disease can be prevented with lifestyle changes.⁴

\$5,168
per year for Stroke Patients

Periodontal treatment reduces hospital admissions and lowers annual medical costs.⁵

\$1,090
per year for Heart Disease Patients

PERIODONTAL DISEASE IS DIRECTLY LINKED TO ARTERY INFLAMMATION.⁶

Periodontal Pathogens Affect

SOURCES:

- <http://www.cdc.gov/heartdisease/facts.htm>
- <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC294402/>
- <http://qpr.sagepub.com/content/early/2015/12/14/2047487315621978>
- [http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(04\)17018-9/abstract](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(04)17018-9/abstract)
- <https://www.unitedconcordia.com/dental-insurance/dental/conditions/ucwellness-oral-health-study/results-ucwellness-oral-health-study/>
- <http://content.onlinejacc.org/article.aspx?articleid=1144173>
- <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3403746/>

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The Daily Floss Tips from your Hygienist



~Kimberly, RDH

Periodontitis and heart disease share risk factors such as smoking, age and diabetes, and both contribute to inflammation in the body. Although these shared risk factors may explain why diseases of the blood vessels and mouth can occur simultaneously, some evidence suggests that there may be an independent association between the two diseases.

LOWER YOUR RISK OF HEART DISEASE BY PROVEN METHODS SUCH AS:

1. quitting smoking,
2. managing your weight,
3. controlling your blood pressure,
4. staying active, and
5. maintaining your oral health.

Learn more at www.heart.org.

HOW ELECTRIC TOOTHBRUSHES HELP PREVENT BAD BREATH

Bacteria caused by plaque can lead to bad breath. Oral-B Electric Toothbrushes deliver up to 48,800 movements per minute, while a regular manual toothbrush can only deliver 300 to 600 movements per minute. That means you get superior plaque removal with an electric toothbrush.



WE NOW CARRY ORAL B GENIUS - THEY ARE AWESOME! Designed to help you brush like your dentist recommends, the Genius 8000 seamlessly connects with the Oral-B smartphone app via Bluetooth technology to provide you with customized real-time feedback about your brushing habits, including our highly advanced Position Detection technology that ensures you never miss a zone.

The brush and app also provide time coaching to make sure you brush the recommended 2-minutes and include a pressure alert to protect your gums from over-brushing.



HAPPY 2017!

Let's make a resolution to keep our teeth and gums as healthy as we can!

FAMILIAR WITH SOUR, DRY, ALCOHOL-SOAKED BREATH?

Alcohol reduces the body's production of anti-diuretic hormone, which is used by the body to reabsorb water. Dehydration reduces saliva flow- our natural, pH-neutralizing bacterial defense. Bacteria love it. In the desiccated, defenseless oral environment, they thrive, reproduce, ferment sugars, and release sulfuric compounds (think rotten eggs). Your best defense against sour post-happy-hour breath is to hydrate before and after drinking.

Also, if you use mouthwash, choose carefully! Many brands contain up to 27% alcohol. When the minty fresh wears off, mouthwashes can leave your mouth even more dry and stale.