



Comfort. Care. Confidence. Community

JANUARY 2013

## ASHLY COTHERN DDS

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# ASHLY COTHERN DDS



## New Interactive Website | [www.drcothern.com](http://www.drcothern.com)

Coming soon! We are in final stages of completing our new interactive website.

Once our update is completed we will send out an email to all of our patients with a login and password so that through our interactive website you will be able to:

- CHECK WHEN FUTURE APPOINTMENTS ARE SCHEDULED | SEE YOUR APPOINTMENT HISTORY
- REVIEW YOUR ACCOUNT BALANCE | PRINT A STATEMENT FROM YOUR ACCOUNT
- SIGN UP TO GET TEXT MESSAGE AND EMAIL APPOINTMENT REMINDERS | PAY YOUR BILL ONLINE



### LIKE US ON FACEBOOK

[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!



### CHECK THIS OUT!

[GO ONLINE TO WWW.YOUTUBE.COM](http://www.youtube.com)

Search: Whoopie Goldberg talks about gum disease on the view. See her talk about her own personal experience with gum disease, it might shock you!



Dear Friends,

As we start a new year some of us focus on a new year's resolution to improve our physical fitness, which I think is great! However my hope is everyone will consider taking better care of their self comprehensively.

Along with improving our fitness and our diet, I also recommend a resolve to improve our oral health. What does that look like for you? I recommend that everyone brushes their teeth two times a day for at least two minutes with an electric toothbrush. I also recommend that all patients floss one time every day. Be consistent with keeping your professional dental hygiene and exam appointments, at least once every 6 months (or sooner if it has been recommended). Be mindful of using moderation when drinking acidic drinks like coffee, tea and soft drinks and instead drink more water! I hope that each of you evaluate your own care and resolve to improve where ever possible. Together we can get the result we both desire, a healthier you.

Ashly

Have you given us your current email address yet?

**Our office is now sending appointment reminders via email and text messages.**

Please let us know your preference of receiving these reminders for your upcoming appointments.

Confirming your appointments can be made directly from your smart phone with either option. With the email option, you can also click a button that automatically adds the appointment to your mobile calendar!

Don't worry, if you give us your email address we will only send you emails related to our office and your treatment. We won't distribute your email address to anyone and you won't get any junk mail from us. You may also unsubscribe anytime if you like.

# Electric Toothbrushes - Why are they Good?

by Melanie Radzicki McManus

Lots of people these days use electric toothbrushes to keep their pearly whites nice and bright. But are they really better? Yes, say dentists, who overwhelmingly recommend them as the best means of keeping your teeth clean and free from plaque and its damaging effects. Yet simply purchasing an electric toothbrush doesn't guarantee great results. You also need to make sure you brush at least twice daily, spend at least two minutes a session brushing and use the proper brushing technique (yes, there's a technique to it).

Electric brushes also come with various features, such as special modes for sensitive teeth, gum massage and whitening. Some come with pressure sensors that let you know if you're brushing too hard, or feature digital reminders to replace your brush head. Most are packaged with extras such as toothbrush holders and travel chargers [source: Oral B].

## 1 THEY CLEAN YOUR TEETH MORE THOROUGHLY.

Electric toothbrushes win hands down over manual brushes when it comes to cleaning ability. The electric version's whirring bristles remove plaque better and faster, for starters. Their more advanced designs are also able to get at hard-to-clean areas like the backs of molars and the gum line, thus helping to prevent cavities and gingivitis. Not surprisingly, then, both the American Journal of Dentistry and the British Dental Journal support the use of electric toothbrushes [source: Electric Toothbrush Reviews]. But don't just listen to the sages at dental journals. Regular folks are big electric toothbrush fans, too. In a survey of 16,000 patients published by the American Dental Association, more than 80 percent said they improved their oral cleanliness after switching from their manual toothbrushes to an electric version [source: Electric Toothbrush Reviews]. It's hard to argue with that!

## 2 THEY KEEP YOU FROM BRUSHING TOO HARD.

One of the major benefits of electric toothbrushes is that it's nearly impossible to brush too hard with them because you shouldn't really be doing the brushing. With an electric toothbrush, you simply hold the brush and let its moving bristles do the work. You do reposition the brush over different parts of your mouth, but you're not supposed to be vigorously moving the brush back and forth, and you definitely shouldn't be applying pressure. Some models even have sensors that will automatically reduce the power if you start brushing too hard [source: Electric Toothbrushes]. This is a great option for those who are prone to using a little too much force when they brush.

## 3 THEY'RE EASIER TO USE FOR PEOPLE WITH DEXTERITY ISSUES.

The American Dental Association (ADA) says people who have physical conditions (such as arthritis, limited mobility in their hands or arms or manual dexterity problems) that make it difficult to use a manual toothbrush should consider using an electric toothbrush. Why? Electric toothbrushes have larger handles, which are easier to grip. Plus, their powered brushes do the cleaning for you, especially in the tricky areas that require fine motor skills to get at, such as the backs of molars and behind your upper and lower front teeth [source: ADA].

## 4 THEY HAVE BUILT-IN TIMERS SO YOU BRUSH THE PROPER AMOUNT OF TIME.

Did you know you're supposed to brush your teeth at least 2 minutes at a time, spending at least 30 seconds in each of your mouth's four quadrants (upper right and left sides and lower right and left sides)? You probably think you easily brush your teeth for that amount of time, but if you timed yourself, you might be quite surprised at how little time you actually do brush. The average brushing time for Americans is a measly 31 to 65 seconds per session, depending on sex and age [source: Radius Toothbrush]. One of the more helpful attributes of electric toothbrushes is that most come with timers that beep when two minutes are up.

## 5 THEY'RE GREENER.

There's some debate about whether electric toothbrushes are less harmful to the environment than manual toothbrushes. Those who say yes note that you would go through a lot of "regular" toothbrushes (the heads of which aren't recyclable) before you dispose of an electric brush, most of which use replaceable heads. In fact, according to the environmental experts at Green Your, it takes between 14 and 42 toothbrush replacement heads to equal the amount of plastic in one manual toothbrush [source: Green Your]. Of course, you do eventually throw out your electric toothbrush body, because at some point it stops taking and holding a charge [source: Sustain Lane]. Still, many people feel electric toothbrushes are more environmentally friendly.

CITE: McManus, Melanie Radzicki. "5 Benefits of Electric Toothbrushes" 07 September 2011. HowStuffWorks.com. <<http://health.howstuffworks.com/wellness/oral-care/products/5-benefits-of-electric-toothbrushes.htm>> 18 October 2012.



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## Just a reminder!

**WE HAVE SOME GREAT ORAL CARE PRODUCTS!**

**Oxyfresh mouth rinse, tooth paste and super relief gel:**

Alcohol-free, non staining, freshens breath, soothing formula

**TheraSol:** Non-Staining, Great Tasting, Anti-Plaque, Oral Irrigant & Mouthwash

**Fluoridex:** Fluoride toothpaste, Professional formula, maximum strength fluoride

**Opalescence Treswhite Supreme:** the easiest, fastest and best-tasting way to professionally brighten your smile



# Happy NEW YEAR!

Christine, Patsy, Tammy,  
Dr. Cothern and Kimberly

## The Daily Floss

Tips from your Hygienist

Hello Everyone!

I just want to give you all a few tips to brush your teeth more effectively in this New Year.

Make sure to brush twice a day for at least 2 minutes, preferably 3 minutes when possible, with an electric toothbrush.

Remember to brush at an angle to reach all surfaces effectively.

Change your toothbrush every 3 months.

Floss every day to reach areas your toothbrush can't.

If you have any questions about your technique, just ask!

Kimberly, RDH