



Excellent Dentistry. Comprehensive Care. Exceptional Experience.

ASHLY COTHERN DDS

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AVOCADO EGG SALAD

2 Servings

INGREDIENTS

- 4 hard boiled eggs, grated or finely chopped
- ½ ripe avocado, mashed
- ½ Tablespoon finely chopped dill pickle
- ½ Tablespoon chopped scallion, white part only
- ½ teaspoon ground pepper
- ⅛ teaspoon fine sea salt
- 1–2 Tablespoons fresh chopped parsley or dill, for garnish
- lettuce leaves, bread or crackers, for serving

DIRECTIONS

- 1. STIR:** Combine all ingredients in a bowl. Top with fresh herbs and serve.
- 2. STORE:** Store salad in an airtight container in the refrigerator. The salad will keep for 3–5 days. The avocado might brown a tiny bit, but it is still safe to eat.

NOTES

- **MUSTARD:** Feel free to add in 1/2 teaspoon Dijon mustard if you like mustard in your egg salad.

<https://www.eatingbirdfood.com/avocado-egg-salad/>



ASHLY COTHERN DDS

Dear Friends,

As we enter a new season, I want you to know just how thankful I am for you. I know that we, as a family, an office, a community, a nation, a world, have experienced loss, disappointment, heartache and hardships. I am also fully aware that there have also been wins, successes, growth, change, rebirth, opportunity and plenty of things to celebrate. For all of our sakes, I am grateful that we can share our experiences and lean on each other for encouragement.

I am particularly proud of our office family. I am surrounded by the best in the business. These ladies have been steadfast, consistent and positive. They have never wavered from keeping your health (physical, mental and spiritual) at the forefront of their minds. Our team continues to amaze me with their expertise, generosity and dedication. I am one lucky lady to work with such superstars.

Our family at home is doing great, just getting older, which is hard on my mama heart. Kelly is a junior at LHHS. She loves dancing as a *Wrangler*, playing soccer and being involved in Student Council. I love that she is driving because she helps play family Uber. Maggie just turned 15 and is ready to get her permit. She is a captain of the freshman cheer squad and is slowly returning to soccer after a long rehab after foot surgery. She is one tough cookie. John is in 6th grade. He is loving all things football and hockey. They both keep his schedule pretty full most days. He enjoys hanging with his friends and being big man on campus at WRB. Our caboose, James is our Renaissance child, he does it all and is just happy to be alive. He is loving football, hockey and soccer. It is not abnormal to see him wearing any of those uniforms while playing the piano or sketching a piece of art. Mike, my precious hubby, is the one that keeps us all going. We are just trying to relish in every precious moment we have with our family. As we have started college tours, we know that the picture of our family of 6 will all too soon look differently.

Being in my 19th year of practice, I am so very thankful to still love what I do. I am passionate about growth, challenge and the betterment of ourselves. I love coming to work and being gifted the opportunity to love on folks for a living. I am so thankful to be surrounded by some incredible human beings, both teammates and patients.

We are very aware that you have a choice on where you seek your dental care and are thankful that you choose us! It is our pleasure to serve you. Here's to a new season!

Sincerely, ~Dr. C



A Servant's Heart

In September, Watermark Urgent Care hosted an oral surgery clinic and our team was blessed with the opportunity to serve and help those in need.



Persuing Excellence

Our team loves learning and growing individually and as a dental practice. **#teamwork**
#exceptionalexperience

Our annual Southwest Dental Conference provided valuable education to sharpen our skills. Together, we continue to embrace growth to better serve our patient family.

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.**

CONTACT US TODAY to discuss your plan benefits and schedule treatment.

We happily accept


Being proactive about your oral health will have you smiling for years to come. However, if out-of-pocket expenses are keeping you from completing your dental care, please keep in mind that Care Credit offers many plans to fit any budget.

CARECREDIT.COM

The Effects of Poor Dental Hygiene On Your Body

- **HALITOSIS** - Lack of regular brushing and flossing leaves small particles wedged that collect bacteria
- **PERIODONTAL (GUM) DISEASE** - Bone deterioration around the teeth leads to tooth loss
- **HEART DISEASE** - People with gum disease are 2x more likely to develop heart disease
- **ATHEROSCLEROSIS** - High levels of bacteria can lead to increased risk of stroke
- **RESPIRATORY PROBLEMS** - Bacteria in the mouth can travel through the bloodstream to the lungs and aggravate the respiratory system
- **DIABETES** - 95% of adults with diabetes also have gum disease
- **ERECTILE DYSFUNCTION** - Men with gum disease are 7x more likely to experience this than men with good dental hygiene

iTero[®] Technology - No More Goopy Impressions

Now you can have beautiful dental work without having to take any impressions! iTero[®] is a dental 3D intraoral scanner that allows us to take digital, three-dimensional scans of your teeth. These scans can be used in crafting custom porcelain restorations such as crowns, veneers and bridges. The procedure is fast, comfortable and extremely accurate with superior results for your dental treatment!



The Dental Floss *From Your Favorite Hygienists*

Fluoride is nature's cavity fighter! We know fluoride is a naturally occurring mineral that helps prevent cavities in adults and children. Our office feels very strongly in providing preventative measures such as topical fluoride, to best protect you and your teeth.

Fluoride in water is safe and it works! More than 75 years of scientific research has consistently shown that an optimal level of fluoride in community water is safe and effective. Fluoride prevents tooth decay by at least 25% in both children and adults. Simply by drinking water, Americans can receive some benefit from fluoride's cavity protection. The Centers for Disease Control and Prevention named community water fluoridation one of 10 great public health achievements of the 20th century. This information is provided by the American Dental Association. For more information regarding effectiveness and safety of fluoride visit ADA.org.

We are grateful you put your trust in us to have the latest technology, most up-to-date research and best information for you and your family's health.

Kimberly RDH and Christy RDH



Clinical Corner *From Your Favorite Assistants*

With a new season nearing we want to remind you that our office has several kinds of whitening options! We offer custom whitening trays, disposable trays that come prefilled or we can do in-house whitening. The Boost Whitening System involves you coming to the office where we will whiten your teeth for you! This is a patient favorite because you leave that same day with brighter, whiter teeth.

How convenient! Call today to get pricing and availability.

Fun fact of the day: Did you know that whitening your teeth can slow the progress of cavities?

Holly RDA and Laurie RDA



Contact us at
(214) 696-9966
to schedule your oral health evaluation.

Visit us online!
drcothern.com

