



Excellent Dentistry. Comprehensive Care. Exceptional Experience.

OCTOBER 2019

ASHLY COTHERN DDS

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ALMOND BUTTER CHOCOLATE CHIP COOKIES

INGREDIENTS

- 1 c. Almond Butter
- 3/4 c. Birch Xylitol
- 1 Large Egg
- 1 tsp. Vanilla Extract
- 1/2 tsp. Baking Soda
- 1/4 tsp. Celtic Sea Salt
- 2 oz. Dark Chocolate Chips



DIRECTIONS

1. Preheat oven to 325 degrees F.
2. In medium mixing bowl, with a large spoon, mix together almond butter, xylitol, egg, vanilla extract, salt and baking soda.
3. Fold in dark chocolate chips.
4. Using a cookie scoop, spoon cookie dough onto Silpat lined baking sheet.
5. Flatten slightly by doing a criss-cross pattern with a fork.
6. Bake for 13-15 minutes and cool on rack.

NOTES

At 13 minutes the cookies will seem like they are not done, still take them out of the oven and move immediately to a rack. They will firm up as they cool. If you let them go longer, the bottoms will burn.

<https://healthylivinghowto.com/whatsgreataboutxylitol/>

FUN FACTS

- 1882 was the year commercial floss was first manufactured.
- The average amount of money left by the tooth fairy in 1950 was 25 cents. In 1988 it was \$1.00, the going rate now is \$2.00.
- The Blue Whale is the largest mammal on earth, but it eats only tiny shrimp because it has no teeth.
- 3rd molars are called wisdom teeth because we should be wiser by the time they appear.
- Adults have 32 teeth, dogs have 42 teeth, cats have 30 teeth and mosquitos have 47 teeth.
- The earliest recorded dentist was Hesi-Re who lived in Egypt over 5,000 years ago.



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Happy FALL YA'LL!



This is one of my favorite times of year! I love the hustle and bustle of the start of school, Friday night football games and the idea of the weather changing! As I rub elbows with other dentists at meetings and continuing education courses, I am reminded what an amazing profession I am in and what a great time it is for dentistry.

With the advances in technology, materials and techniques, patients have never been cared for better! We can actually make coming to the dentist not only tolerable, but enjoyable. We can build stronger, more predictable and esthetically pleasing restorations than ever before. At our practice, we believe in prevention and overall well-being. By using our Oral ID we can spot unhealthy oral tissue sooner rather than later during an oral cancer screening. *Have you and your family been screened for oral cancer?* If not, call today!

The ladies whom I get to share my professional life with are amazing! I feel beyond blessed to work alongside them, learn from them and grow with them. They make my days so full of fun.

On the home front, my kiddos continue to grow. Kelly started high school and will be cheering and playing soccer. Maggie is in 7th grade and will continue playing soccer and dabble into everything junior high has to offer...from cross country to volleyball to basketball to track. Our son, John, is in 4th grade and is looking forward to tackle football and hockey. Sweet baby James is a 2nd grader and enjoys playing hockey and soccer.

Into my 17th year of practicing dentistry, I am given more and more reasons to be thankful...mainly YOU! We know that you have many options with your dental care and we are thrilled that you have chosen us. We look forward to caring for you for years to come.

Sincerely, ~Dr. C



The Daily Floss Tips from your Hygienist

BRUSHING IS NOT ENOUGH!

Despite the fact that practically everyone brushes their teeth, many people still suffer from gum disease. Clinical research confirms that flossing along with tools such as the Waterpik® Water Flosser is significantly more effective than brushing alone. Floss, interdental brushes and the Waterpik are great adjuncts for reducing gingivitis and improving gum health. If you have implants, crowns, braces, or other dental work, these tools are essential. If you feel you are having difficulty reaching spaces with your toothbrush or floss, I highly recommend adding a Waterpik.

See you at your next visit! ~Kimberly, RDH

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 and cannot be utilized toward your dental needs.**

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

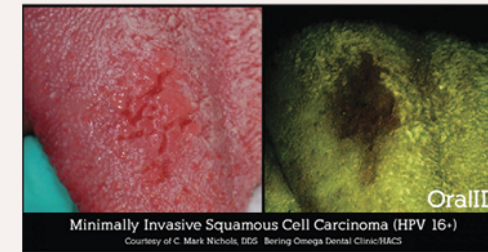


The Cothern Crew loves spending time together just as much as they love dentistry! #teamwork #exceptionalexperience

Visit us online!
drcothern.com

Oral Cancer is on the Rise - *Have You Been Screened?*

Oral ID's fluorescence technology uses a blue light (435-460 nm) that provides the clinician an aid in visualization of oral mucosal abnormalities, such as oral cancer and pre-cancer.



53,000

people in the US will be newly diagnosed with oral cancer this year.

71%

of oral cancers are found in late stages (stages III and IV)

10,860

deaths this year will be to late diagnosis of oral cancer

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

© www.forwardscience.com/oralid

HPV is the cause of the fastest growing oral cancer population under the age of 45 and is responsible for a 15x increase in oral cancer diagnosis.

- 40% of new diagnosis are YOUNG, NON-SMOKERS
- 53,000 new cases of oral cancer of the oral cavity and pharynx
- 65% 5-year survival rate for cancers of the oral cavity and pharynx combined
- 69% of oral cancers are found in LATE STAGE
- 10,860 deaths due to late diagnosis
- 1 in 3 men will develop cancer in their lifetime
- 1 in 3 women will develop cancer in their lifetime
- Men are more than 2x as likely to develop oral cancer
- HPV-related cancers are 6-7 times more common in men than women
- Oropharyngeal cancers are now the most common HPV-related cancer in the US
- Those with 6 or more oral sex partners are 8.6x more likely than those who have never had oral sex
- Number of oral cancers has increased over a 16 year period, where all other cancers have declined
- HPV is transmitted through saliva, sexual, and skin-to-skin contact



You deserve the best quality in comprehensive dentistry and overall care.

Dr. Cothern and her team are advocates of total body wellness, and we are here to help you restore and maintain a beautiful smile, while encouraging you to care for your entire body. Schedule your dental appointment today!

Once again, Dr. Cothern was chosen as Dallas' Best Dentist's in D Magazine 2019.

"Each year that I receive this award I am humbled and honored... mostly because the recipients are chosen by my peers of awesome dentists in Dallas. I am passionate about dentistry and more importantly about PEOPLE! I am so thankful for my profession and that we are still having lots of FUN! **THANK YOU DALLAS!**"



Dr. Cothern loves celebrating every milestone with her patients. We had a patient come in on their birthday and Dr. Cothern surprised them with a party hat and goofy glasses during her exam! **We love our silly Dr!**



CONGRATULATIONS Holly!

Our assistant Holly is getting MARRIED! She and her fiancé, Doug Schroeder, have been dating for 4 years. He finally popped the question on May 4th, 2019. **We wish her and Doug the best!!**