

Excellent Dentistry. Comprehensive Care. Exceptional Experience.

ASHLY COTHERN DDS

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



LIKE US ON FACEBOOK
FACEBOOK.COM/ASHLYCOTHERNDDS
to see updated office information

BACK TO SCHOOL ON THE GO ~ **Healthy Breakfast Sandwich!**

- 1 Light english muffin ¹
- 1 piece Center cut bacon ²
- 2 Egg whites (or 1 egg)
- 1 slice Swiss cheese ³
- Pinch Salt and pepper to taste

¹ Such as Thomas Light English Muffins with around 100 calories and at least 3 grams of fiber

² Or 1 Morning Star vegan sausage patty (microwaved according to package directions)

³ Or 1 slice of light cheddar cheese (around 80 calories a slice)



Recipe from www.bloglovin.com

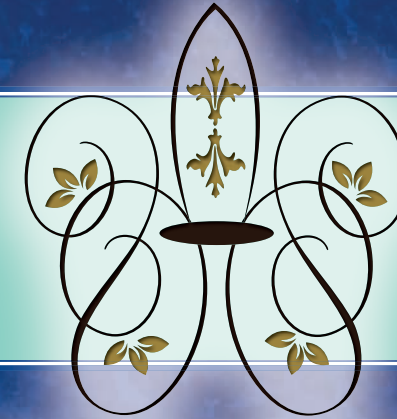
1. Slice the English Muffin and place in toaster till desired crispness.
2. While the muffin is toasting, spray a mug or small round plastic container (one with the same diameter as the English Muffin) with non-stick cooking spray and pour in egg whites.
3. Top egg whites with salt and black pepper and microwave for approx. 1-1.5 minutes.
4. Place toasted English muffin on a plate and top with egg white, cooked bacon, and cheese.
5. Microwave assembled sandwich for an additional 20 seconds to melt the cheese.



Congratulations

to our dental assistant,
Tammy!!! She will be
getting married to Craig
Van Cleve, the love of her
life, this September on a
ranch in Montana.

SEPTEMBER 2015



ASHLY COTHERN DDS





Dear Friends,

I hope you all have had a wonderful summer. Back-to-school, football and cooler temperatures are almost within our grasp. Our family packed as much fun as possible into the 12 weeks of summer and we are ready for the next season of adventure. We will have three kiddos in the same elementary school this year as our son, John, will start kindergarten in the fall.

As I am in my 13th year of practice I want you to know that I have a heart full of gratitude. I am thankful for my amazing team that I am privileged to work with.



What a blessing to come to work with some of my best friends every day! Our patients are in a class of their own. You are more than a patient, but a friend. I am passionate about dentistry and its connection to one's overall health. It is my delight to care for our patients and partner with you to achieve a healthy smile.

Dentistry has changed significantly over the last decade. There seems to be a dental office on every corner these days. I am very aware of the many options that you, the patient, have to seek dental care and I am very thankful that you continue to choose us to serve you.

~ Ashly

PREVENTING DECAY WITH FLUORIDE

What is fluoride (flor-ahyd)?

Fluoride is a mineral that is naturally present in different amounts in almost all foods and water. Fluoride is also used in many dental products such as toothpaste and mouth rinses.

How does fluoride help stop cavities?

Fluoride works in two ways: topically and systemically. Topical fluorides (meaning fluoride put right on the teeth) strengthen teeth that are in the mouth. As fluoride washes over the tooth surface, it is added into the outer surface of the tooth, making it stronger which protects teeth from cavities. Topical fluoride also helps protect and make the root surfaces less sensitive by adding fluoride into the naturally occurring "softer" root surface. Systemic fluorides are those that are swallowed via food and water and are used by the body when the teeth are forming. If fluoride is taken regularly during the time when teeth are forming (6 months to 6 years-old), it will be added into the enamel layer (outer layer of the tooth) as they develop, creating a stronger, more cavity resistant tooth. Systemic fluorides also protect teeth topically; fluoride is in saliva, which is always washing over the teeth. Fluoride can help the tooth repair itself where it may have been damaged by acids early in the cavity process.

How can I get fluoride?

Topical fluoride comes from toothpastes, mouth rinses, gels, and varnishes which are placed directly on the teeth. Children are usually provided with topical fluoride at their dental checkups. Topical fluoride is one of the best ways to get fluoride to teeth. If you or your child has cavities or teeth that are sensitive to cold, your dentist may give you a product that has more fluoride than products you buy at the store. Systemic fluoride is available by drinking tap water that either has naturally occurring fluoride or has had fluoride added to help fight cavities. In communities without fluoridated water, people can purchase bottled water that has fluoride or your dentist or your child's pediatrician can prescribe fluoride tablets or vitamins. Remember, the fluoride must be swallowed to have systemic effects.

If some fluoride is good, is more fluoride better?

The benefits of fluoride have been well known for over 60 years and are supported by many health and professional organizations, including, The American Dental Association, The American Medical Association, the United States Centers for Disease Control and Prevention, the U.S. Public Health Service and the World Health Organization. However, as with all substances we swallow, there are safe levels, levels that are the best for our overall health, and levels that are not good. When too much fluoride is taken, a condition called dental fluorosis can result. While dental fluorosis is not harmful, it can cause your child's teeth to have brown or white spots.

Parents should be aware of the sources of systemic fluoride. If your community water supply is fluoridated at "optimal" or the perfect level to help prevent cavities, then your children should not take fluoride tablets or fluoride vitamins. Additionally, young children (those who cannot spit after brushing their teeth) should only use a small, pea-sized amount of fluoride toothpaste so that they do not swallow too much fluoride.



What to remember?

Fluoride alone will not prevent cavities; it is only one part of what is needed for strong teeth and good oral health. Brush your teeth at least twice a day with a fluoridated toothpaste, floss daily, eat a balanced diet, and limit how often you snack in between meals, especially on sweet and sticky foods. Visit your dentist regularly and follow his or her recommendations for your family's dental care.

INS AND OUTS OF BOOST IN-OFFICE WHITENING

We offer an in house whitening treatment called Boost. This process will eliminate stain you have accumulated over the years from coffee, red wine, tea, juice, sodas or fruits. Boost is a UV, light free treatment, which consists of a powerful 40% hydrogen peroxide gel that is applied directly to your teeth. Tooth sensitivity is a common side effect with any type of whitening. The teeth are being dehydrated to accept the whitening gel so slight sensitivity is normal. Ask to schedule the Boost treatment after your professional hygiene cleaning for a better result.

Call Patsy or Cassidy TODAY to schedule - 214.696.9966

Tips for Optimum Whitening Experience:

1. Use Fluoridex toothpaste before and after the treatment to make sure you have minimal sensitivity.
2. For the first 48 hours we recommend you avoid foods with dark or yellow staining substances. Such as all tobacco products, coffee, tea, red wine, tomatoes, soft drinks, mustard, ketchup, and berries, etc.
3. We recommend you take 400 mg Ibuprofen every 4 hours as needed for sensitivity after the treatment.
4. Use an electric toothbrush, floss and continue to use Fluoridex toothpaste.
5. Use your take home whitening trays for upkeep and maintenance.
6. Continue with your dental cleanings and treatments to maintain that beautiful white smile!



The Daily Floss
Tips from your Hygienist

Healthy Mouth, Healthy You!

Seeing a dentist regularly helps to keep your mouth in top shape and allows Dr. Cothorn to watch for developments that may point to other health issues. A dental exam allows Dr. Cothorn to detect poor nutrition, poor hygiene, growth and development problems and even improper jaw alignment. Always provide us with a complete medical history and inform us of any recent health developments, even if they seem unrelated to your oral health.

At home, you can practice good oral hygiene:

- Brush for two to three minutes, at least twice a day, with fluoridated toothpaste and an electric toothbrush.
- Floss daily to remove plaque from places your toothbrush can't reach.
- Eat a healthy diet to provide the nutrients necessary (vitamins A and C, in particular) to prevent gum disease.
- Avoid cigarettes and smokeless tobacco, which may contribute to gum disease and oral cancer.
- Exercise preventive care and schedule regular dental checkups — the surest way to detect early signs of periodontal disease.



Reminders
from Patsy

Dental Insurance

Keep in mind, we file dental insurance as a courtesy to our patients. Also, know that if your treatment exceeds \$1,000.00 we will be happy to give you a 5% courtesy. You will pay with check or cash at the time the appointment is made and insurance will be paid directly to you.

Appointment Confirmations

We have heard what our patients have had to say therefore, we have recently updated the system in which we communicate with you. We can send text messages and/or emails to confirm your appointments. Please let us know which of the two is your preference next time that you are in the office. We don't ever want to bug you, but simply want to do our part in kindly reminding you of your scheduled time with our office.

~Always here to help, Patsy

Visit us online drcothorn.com