



Excellent Dentistry. Comprehensive Care. Exceptional Experience.

SEPTEMBER 2018

ASHLY COTHERN DDS

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SUGAR FREE PANCAKES WITH

INGREDIENTS

- 3/4 cup almond milk
- 1/2 cup almond flour
- 1/2 cup rolled or old-fashioned oats
- 1 tbsp. **XYLOSWEET**
- 2 tbsp. coconut oil
- 1 tsp. vanilla extract
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. sea salt
- 1 large egg
- 2 cups fresh blueberries



DIRECTIONS

Place all ingredients, except blueberries, into a large bowl and blend until smooth. Heat a lightly-oiled griddle or frying pan and pour approximately 1/2 cup of batter for each pancake onto hot surface. Cook about a minute on each side or until they are lightly brown. Garnish sugar free pancakes with fresh blueberries. Enjoy!

www.xlear.com

FUN FACTS

- Snails have the most teeth of any animal. A snail's mouth is no larger than the head of a pin, but can contain over 25,000 teeth
- Hippopotamuses have the longest canine teeth of any animal. At 3 feet long, the incisors of a hippo can bite right through a small boat.
- In 1905, dental assistant Irene Newman was trained to clean teeth. She became the first dental hygienist.
- When babies arrive, the crowns of their first 20 teeth are already in place under the gums, waiting for the right time to break through
- In 1986, the winner of the National Spelling Bee won by spelling ODONTALGIA (which means toothache)



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Happy FALL YA'LL!

School has started, football has begun and hopefully cooler temperatures are to follow!

Our weekdays are full at work and our evenings and weekends are overflowing with children's activities. James, our baby, is beginning 1st grade and loves superheroes and keeping up with his siblings. He still plays hockey and has added soccer this fall. John is now a 3rd grader, he loves life and sports of any kind. He is involved in flag football, soccer, and hockey. Maggie is the "big man on campus" as a 6th grader at White Rock Elementary. She plays select soccer, tumbles and enjoys being with friends. Kelly is starting 8th grade and participates in all things junior high. This season, she plays select soccer and volleyball, runs cross country and is captain of her cheer squad. Mike and I try to squeeze in date nights in order to catch our breath and make sure that our cup stays full, so we have something to give. :)

At the office we are spending a lot of time on being the best version of us. We have taken time to work on dentistry's latest in technology, techniques, materials and team building. We love what we do and we want to be the best. In order to do that, we must be intentional in challenging and pushing ourselves to always be better. We have been blessed to care for Dr. Chalk's patients after he retired. What a delight it has been to get to know each of you. We hope that you have experienced something unique, feel cared for and decide to stay for years to come.

We love caring for our patients and feel honored that you choose us amongst the plethora of options that exist today. **IT IS OUR PLEASURE TO TAKE CARE OF YOU!**

~Dr. C



The Daily Floss Tips from your Hygienist

FLUORIDE FACTS:

- Community water fluoridation is an effective, safe and inexpensive way to prevent tooth decay. Fluoridation benefits Americans of all ages and socioeconomic status.
- Fluoride's main effect occurs after the tooth has erupted above the gum. This topical effect happens when small amounts of fluoride are maintained in the mouth in saliva and dental plaque.
- Fluoride works by stopping or even reversing the tooth decay process. It keeps the tooth enamel strong and solid by preventing the loss of (and enhancing the reattachment of) important minerals from the tooth enamel.
- Fluoride also benefits adults, decreasing the risk of cavities at the root surface as well as the enamel crown. Use of fluoridated water and fluoride dental products will help people maintain oral health and keep more permanent teeth.

See you at your next visit! ~Kimberly, RDH

APPOINTMENT CONFIRMATIONS

Dr. Cothorn and our entire team prepares for your unique appointment to provide the best experience possible. Our goal is to get you in and out of your appointment on time and spend the time allotted on what is most important, YOU!

APPOINTMENT TIME CAN BE CONFIRMED IN THREE WAYS AND CAN BE UPDATED AT ANY TIME.

PLEASE LET US KNOW WHAT METHOD IS BEST FOR YOU:

1) e-mail 2) text message 3) phone call

Please note that appointment times cannot be guaranteed if we do not receive confirmation by the business day prior to your scheduled visit.

Three Ways Oral Bacteria Contribute to Arterial Disease

Studies show that cardiovascular disease (CVD) results from a triple whammy known as the atherosclerotic triad. (Atherosclerosis is plaque buildup in the arteries that can lead to a heart attack or stroke.) The BaleDoneen study is the first to show that these bacterial villains can intensify each component of the arterial disease-inducing triad, creating a perfect storm of harmful effects, as follows:

1. People with gum disease have up to twice as much small, dense LDL cholesterol (the most dangerous kind) in their blood as those with healthy gums, according to a recent study. The size of cholesterol particles matters: Some are big and buoyant, so they tend to bounce off vessel walls, while others are small and dense, making it easier for them to penetrate the arterial lining. Think of the difference between beach balls and bullets.
2. Chemicals produced by high-risk oral bacteria make the walls of the artery more permeable, so it's easier for bad cholesterol to invade. Since people with periodontal disease (PD) due to these pathogens also have higher blood concentrations of small, dense LDL cholesterol, and other disease-causing lipoproteins, this creates a one-two punch on the arteries, much like a gang assault on a house with broken windows or doors.
3. Substances produced by high-risk bacteria can also make the inner layers of the arterial wall (where plaque forms) stickier, much like Velcro, so bad cholesterol is more likely to get trapped there and create plaque deposits, resulting in a triple threat to arterial health.

www.baledoneen.com/blog

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

MAKING A GREAT FIRST IMPRESSION

WE ARE A DIGITAL IMPRESSION PRACTICE AND PROUD OWNERS OF AN ITERO® ELEMENT™ INTRAORAL SCANNER!

The iTero Element Scanner is a state-of-the-art digital impression system that eliminates the need for messy putty in your mouth. With our iTero Element Scanner, we can digitally capture a detailed 3D model of your teeth and gums. Not only is a digital impression more comfortable, it's also much more accurate. The scanner takes an incredibly detailed impression of your teeth and gums. Once the scan is complete, we will have a 3D model of your mouth that can be used to create detailed crowns, bridges, implants, and Invisalign® clear aligners and retainers. This digital accuracy eliminates the need to retake impressions, keeping your time in the chair to an absolute minimum.

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The Cothorn Crew is always having fun and learning ways to improve our practice, lives, and create a better environment for the patients!
#exceptionalexperience



CONGRATULATIONS Patsy!



We can hardly believe it, but after 22 years, the time has come...Patsy has RETIRED! She has been the backbone to this practice and a friend to so many. We love you Patsy!