



## About Our Office

A monthly newsletter from the office of Drs. Gillespie and Martin, PA

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**Introduction** Please enjoy the last issue of our monthly in-office newsletter for this year! Here's the latest information about our office and the profession:

**Hot Topics** The holiday season brings an increase in social events which means there are more opportunities to flash that beautiful smile. Here are some tips to help keep your smile its yuletide whitest (bright white looks better against the red and green color scheme!):

1. **Be Grinchy about stains**—Minimize exposure to dark-pigmented food and drink: red wine, dark sauces such as cocktail sauce, and many punches. Instead, consider white wine and chomp on apples, carrots and veggies; the cellulose in their skins and their slightly acidic compositions actually cleanse teeth.
2. **The Chewing Gum Clause (Claus?)**--If you can't brush after a big meal, chew sugarless gum with a whitener for 20 minutes. Recent studies suggest chewing gum after meals may reduce plaque by up to 20%. The whitener helps with stain control.
3. **The Morning-After Remedy**--Whiten teeth for 30 minutes the morning after a party to help dissolve any fresh staining.

Do you know how to make someone smile? Give them one! As you are thinking about holiday gift ideas, you may wish to consider a **ZOOM! In-Office Whitening Process** gift certificate. Details are available at our front desk.

**Around the Office** Dr. Gillespie's boys provided the framework of the newly-formed (and almost as quickly defunct!) *Gillespie Boys Chocolate Works* to create coconut haystacks for our referring dentists and support personnel. This venture has already met its ultimate doom as the boys ate a large part of the ingredients before, during, and after manufacturing the goodies!

**Employee Spotlight** Christy Bryant, CDA, is a graduate of AB Tech and is originally from Asheville. She has been with our office since 1994, and is an avid (or rabid?) Tennessee fan. Christy is married to Steve, who indulges her in her love of NASCAR, camping, going to the lake, spending time with friends, and shopping (well, maybe not shopping). She also loves working around her house with her miniature dachshunds, Bailey and Bert, in tow.

**Quote Unquote** Blessed is the season which engages the whole world in a conspiracy of love.  
--Hamilton Wright

*From our homes to yours: Have a Merry Christmas and a Happy New Year!*