



About Our Office

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

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Introduction Please enjoy our monthly in-office newsletter. Our goal is to help keep you current on the goings-on in our office and the profession. Let us know if you have any questions or suggestions!

Hot Topics Clinically, our office seems to be observing more cases of dry mouth. While everyone has a dry mouth every now and then, whether due to nervousness, stress or even fatigue, a chronic dry mouth can be both uncomfortable and disastrous to your dental health. Any decrease in the natural flow of saliva can affect digestion, taste, ease of swallowing, and the ability to fight dental decay attributed to the lubricating and enzymatic effects of saliva. Chronic dry mouth can be caused by over 400 medications, disease (Parkinson's, diabetes, AIDS, to name a few), radiation or chemotherapy, head and neck injury, and even age. Here are some helpful hints to deal with this condition: Request fluoride treatments during your dental visits, maintain meticulous oral hygiene, avoid alcohol (very drying!), avoid hard candies (unless sugar-free), carry a small water bottle (sip frequently), and consider using a saliva substitute (Biotene offers a plethora of products that can be found at any pharmacy or grocery in the dental section).

Around the Office Colene House just celebrated 15 years in our practice! Drs. Gillespie and Martin recognized Colene's commitment to the success of our office by giving her a beautiful diamond tennis bracelet!.....Dr. Martin, along with several of our assistants, recently participated in the "Seal the State" sealant program by providing dental sealants to over 30 needy children.....Dr. Gillespie just spent a week in remote Honduras on a medical/dental mission trip. He came back with many stories to tell and reportedly performed over 150 extractions!.....Please keep our hygienist Barbara Earle in your thoughts and prayers as she cares for her husband, John, who recently underwent surgery to remove a malignant brain tumor. Unfortunately, a portion of the tumor was inoperable and Barbara and John are now exploring other options for treatment.

Employee Spotlight Kathy Richards spent 21 years as a dental assistant in an orthodontic office before coming to this office (she has been here for 17 years). Originally from Hendersonville, Kathy is married to Mike, and they are both avid outdoorspeople. In addition to tennis (she recently beat Dr. Gillespie in a local rematch of the Bobby Riggs/Billie Jean King epic!) and running, Kathy hikes, snow skis, mountain bikes, and enjoys riding on their Yamaha Venture.

Quote Unquote The workings of the human heart are the profoundest mystery of the universe. One moment they make us despair of our kind, and the next we see in them the reflection of the divine image.

--Charles W. Chesnutt

We always welcome new additions to our practice family. Let us know if you have friends in need of a dental home!