



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 Many of you may have seen Diane Sawyers' recent 20/20 episode on "Bleachitis." In this segment, she pointed out that teeth whitening has become a popular way to improve one's appearance. However, she mentioned, there are some consumers who are abusing this substance in the pursuit of perfectly white teeth. Diane went on to explain some of the irreversible damage that can be done to teeth if the gel is used in a way not prescribed by the manufacturer. A little whitening primer: All tooth whitening gels contain some form of peroxide, which is an oxidizer. The mechanism of action of these materials is to oxidize superficial stains on the teeth, just like Tide oxidizes the not-so-white shirt in their commercials (don't try to whiten your teeth with Tide!). For most of us, these stains come from long term exposure to coffee, tea, cola drinks, red wine and smoking, and affect only the outermost layer of the teeth. Judicious use of an appropriate oxidizer over only a short period of time will remove most of these superficial stains, resulting in whiter teeth. This whiteness can then be maintained by periodically "touching up" with more gel. However, abuse of these products can, over time, affect the inner layer of tooth structure where tiny nerve endings reside, possibly causing damage to the nerve. We wish to reassure you that teeth whitening products, especially those administered through a professional office, are entirely safe and effective when used according to the manufacturer's suggestions. Don't let the abusive practices of an obsessive few keep you from looking and feeling your best!

Around the Office February is National Children's Dental Health Month and, as is our tradition, our office has provided sponsorships to area third graders for a visit to the Health Adventure's learning program on dental health.....Michelle is beside herself as her son, Brandon, recently "tied the knot!".....Out front of the office, you will notice that Carol, our in-office gardener, has been at it again! Although planting flowers in the snow wasn't particularly her idea of fun, she did another wonderful job of providing a little color for our patients as they enter our office.....We hope you enjoy the new magazine racks placed in our reception area. Our office has always prided itself on providing interesting magazines for our patients (current ones, too!), so we were glad to improve the access to these materials in place of those old baskets!.....Colene, our resident thespian (we sure have a lot of talented people, don't we?), has just finished shooting a commercial for the Biltmore Estate. Look for her this spring in some of the Estate's television advertising.

Employee Spotlight Yvette Manny, CDA, was born in NJ, but has spent most of her life in Fort Lauderdale, FL. Her bilingual status changed to trilingual after a year in Montreal. Yvette earned her degree at Kaiser College for Dental Assisting and has been assisting for 20 years; she has been with us since 1996. She has been very happily married to Marc for 22 years and has two children, Brentton and Krista. In addition to being a sports fan, Yvette enjoys dancing and singing (she seems to know every song ever written!).

Quote Unquote Love is a sweet tyranny, for the lover endureth his torments willingly. --Proverb

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