



About Our Office

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

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Introduction We are excited to bring you our monthly in-house newsletter to help keep you abreast of current happenings in our office and the profession. Suggestions and comments are always appreciated!

Hot Topics Happy New Year! Time for change, improvements, resolutions! Here are a few ways to help you meet your oral health resolutions:

1. Leaving an extra toothbrush at work will increase the likelihood of brushing at work by 65%-- brush those choppers after lunch right before you get back to the grindstone;
2. For home, buy a Sonicare toothbrush—it's a great brush but, perhaps even more importantly, it tells you when you've brushed long enough!

Got Vitamin D? As reported in the *American Journal of Clinical Nutrition*, researchers have found that, among people age 50 and older, those with lower levels of Vitamin D lost 27% more gum attachment than those with higher levels of the vitamin—separated gums are a sign of periodontal disease, which can lead to tooth loss. What to do: Experts recommend at least 200 IU a day if you are under 50 years old, and 400 IU per day if you are 51 to 70; 600 IU a day for over 70 years old. The best sources are vitamin supplements and sunshine—our bodies naturally make Vitamin D when exposed to the sun. Let the sun shine in!

Around the Office All of our staff have now become wine connoisseurs! At our office Xmas Party, each member of our staff received a distinctive bottle of Napa Valley wine, each from a different small winery.....December also brought a 10-day vacation for a little R&R. Everyone is well-rested and we are looking forward to giving you the best in dental care in the coming year!

Employee Spotlight Barbara Earle, RDH, has been with our office for 15 years. Born in Anderson, Indiana, Barbara went to Asheville High School, and went on to graduate from UNC-CH with an A.S. in Dental Hygiene. Barbara enjoys time with her son, Daniel, as well as walking, yoga, photography, and traveling. She has a repertoire of jokes which rivals that of Rodney Dangerfield.

Quote Unquote The object of a new year is not that we should have a new year. It is that we should have a new soul. –G.K. Chesterton

Our goal is to fill the next year with great patients like yourself, so we kindly welcome all your referrals!