



About Our Office

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

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Introduction Welcome to the June issue of our in-office newsletter! This newsletter was developed to keep our patients current on events in our office and the dental profession. We would love to hear your input or suggestions!

Hot Topics A new U.S. Surgeon General's report on smoking and health expands the list of illness and disease linked to cigarette smoking to include periodontal disease. "The toxins from cigarette smoke go everywhere the blood flows. I'm hoping this new information will help motivate people to quit smoking and convince young people not to start in the first place," stated Surgeon General Richard Carmona, MD. In addition to periodontitis, the new illnesses and conditions linked to cigarette smoking include cataracts, pneumonia, acute myeloid leukemia, abdominal aortic aneurysm and cancers of the cervix, kidney, pancreas and stomach. Smoking even contributes to wound infections following surgery and complications from diabetes, he said.....YOUR MEDICAL HISTORY: In addition to updates with medicines, please keep us abreast of any herbal supplements you may be taking as they might be of concern to us relative to dental procedures—aspirin, too!

Around the Office Our doctors and staff recently enjoyed an outing at a Tourists game at McCormick Field. After a lighthearted tailgate catered by Little Pigs BBQ, we enjoyed a beautiful evening watching the home team battle the Savannah Sand Gnats (don't ask us who won or what the score was—we were too busy socializing!).....Fire!! Fire!! One of Asheville's fine Fire Safety Instructors recently reviewed proper fire extinguisher usage with us. We practiced putting out fires out back in a large tub (hint: if there's a fire, DON'T ask Darlene to put it out!); this was followed by one of Colene's Annual (Keystone Kops) Fire Drills.....Last month, Dr. Gillespie had the pleasure of treating his church congregation to a little Dixieland Jazz at the end of a worship service. He swears he saw some toe-tapping going on but finished the song before it lead to dancing!

Employee Spotlight Colene House, RDH, is an Asheville native. She has 33 years of experience in dental hygiene, including periodontal office experience, and has designed Soft Tissue Management programs for several offices. Colene is a graduate of CPCC in Charlotte and is a past member of the Accreditation Board of Dental Hygiene at AB Tech. Riding Harleys with her husband, Johnny, is one of her favorite pastimes, but she also enjoys gardening and projects around the house. Colene is active in the local theatre scene and sings in the well known Buddy K Big Band! Doo-wop-doo-wop!

Quote Unquote Half the failures in life arise from pulling in one's horse as he is leaping.
—Augustus Hare

Thank you in advance for your kind referrals. If you have friends or family who may benefit from the same kind of treatment you have received, we would love to include them in our patient

family!