



## About Our Office

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

Vol. VIII, Issue III

March 2005

*Introduction* We feel that the best time for our patients to learn about dentistry is while you are in the office, and your comments have proven this to be correct. Please enjoy our latest monthly in-office newsletter!

*Hot Topics* You may be aware of the recent preliminary injunction against a mouthwash manufacturer's advertising claim (okay, it's Listerine!) that its mouth rinse is as effective as flossing—the judge (who probably has meticulous home care) knows it just ain't so!. The ADA continues to recommend flossing as part of a good oral hygiene regimen. The ADA recommends to brush twice a day and clean between the teeth with floss or interdental cleaners once each day to remove plaque from all tooth surfaces. Plaque is responsible for *both* tooth decay and gum disease.....With regards to gum disease, all of this recommended brushing and flossing just might reduce your risk of a heart attack! Researchers have found a link between gum disease and incremental atherosclerosis, the build-up of plaque in the walls of the arteries that lead to heart attack and stroke. Although they are still unsure of the mechanism (either bacterial migration into the bloodstream, or an inflammatory response), these studies have shown that gum disease alone may lead to heart problems even in the presence of other factors such as smoking, high blood pressure and diabetes.

*Around the Office* Last month, as part of National Children's Dental Health Month, our office sponsored fifty second and third graders to visit the Health Adventure for their wonderful yearly presentation on dental hygiene. We believe that if kids can learn good hygiene habits early, they will carry them with them throughout their lives!.....Dr. Gillespie has just returned from knee surgery: a partial meniscectomy of the right knee! Although much of the "cushion" in that knee is now missing, he should be back to all normal activities within a month.....Darlene will be out of the office for 4-6 weeks for her own surgery. We wish her a speedy recovery!.....Much of our staff will be traveling to Atlanta later this month to attend the Hinman Dental Convention, the Southeast's largest event of its kind. We'll look forward to sharing what we learn with our patients as we continue to stay on the cutting edge of dental practice.

*Employee Spotlight* Cindy Chapman is a native of Balsam. One of our financial coordinators, she has an A.S. in Business Administration and is also a Certified Dental Assistant. She has been in the dental field for 18 years. She enjoys hiking, fishing, and the great outdoors. Cindy attends Sacred Heart Catholic Church in Brevard, where she now lives. Cindy is married to Richard, whom she loves to spend time with at their Clarks Hill Lake getaway.

*Quote Unquote* May the Lord keep you in His hand,  
And never close His fist too tight.—Irish Blessing

*Our practice family continues to grow thanks to the kind referrals of great patients such as yourself. When we may be of service to your friends or acquaintances, let us know!*