



## About Our Office

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

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**Introduction** Welcome to the May/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

**Discovery!** Dentistry got a minor mention in the media recently following the results of the incredible facial reconstruction of King Tut. Two separate teams, one American and one a French/Egyptian combo, used cutting edge technology to scan the skull of the famous Egyptian pharaoh then reconstruct his facial features using sophisticated forensic methods. Scientists previously determined the approximate age of the young king at about 19 years old. Which “sophisticated” technique did they use to determine his age? Not CT scans, not computer mapping, etc. Simple examination of Tut’s skull showed his wisdom teeth were just erupting, indicating the ruler was around the 18-year mark. Neat, huh?

**Research!** A new study, published in the *Journal of the American Geriatrics Society*, indicates that persons with “active root caries” may be up to twice as likely to have heart problems as people with healthy teeth. This study found that elderly people with three or more active cavities had increased risk of cardiac arrhythmias, or, abnormal heart rhythms. Other studies have also shown the mouth and dental health to be particularly associated with cardiac health.

**Optimal Care!** 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** As we get into summer vacation time, you may be seeing some new friendly faces in our office. Dr. Thom Donnelly will be filling in when each of the doctors take their vacations in late June and early July. Dr. Donnelly has been practicing dentistry for over 20 years and although he no longer maintains a private practice, he continues to enjoy dental practice as a fill-in dentist for those practitioners who go out on vacation or for other needs. He has a warm, genuine personality and also sings professionally (sometimes with Colene). If you have the opportunity to meet him, ask him to sing you a song, he’ll love it!

**Employee Spotlight** Colene House, RDH, is an Asheville native. She has 34 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** Life shrinks or expands in proportion to one’s courage.—Anais Nin