



About Our Office

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

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Introduction Welcome to the November issue of *About Our Office*! If you wish, you can download a copy of our newsletter at our new website, www.gillespiemartin.com!

Hot Topics The approaching holiday season brings an increase in social events which means there are more opportunities to flash that beautiful smile. Here are some tips to help keep your smile its yuletide whitest (bright white looks better against the red and green color scheme!):

1. Be Grinchy about stains—Minimize exposure to dark-pigmented food and drink: red wine, dark sauces such as cocktail sauce, and many punches. Instead, consider white wine and chomp on apples, carrots and veggies; the cellulose in their skins and their slightly acidic compositions actually cleanse teeth.
2. The Chewing Gum Claus (Clause?)--If you can't brush after a big meal, chew sugarless gum with a whitener for 20 minutes. Recent studies suggest chewing gum after meals may reduce plaque by up to 20%. The whitener helps with stain control.
3. The Morning-After Remedy--Whiten teeth for 30 minutes the morning after a party to help dissolve any fresh staining.

Do you know how to make someone smile? Give them one! As you are thinking about holiday gift ideas, you might like to consider a gift certificate for one of our professional tooth-whitening options:

1. ZOOM! In-Office Whitening Process, a 1-hour method to brighten teeth 6-8 shades lighter;
2. ZOOM! Weekender, a 3-day formulation of the **ZOOM!** gel;
3. Nite-White or Day-White, 8-day formulations of gel for night or day use, respectively.

Details are available at our front desk!

Around the Office Last month, Dr. Gillespie spoke at UNCA's Center for Creative Retirement. His topic, "Relieving Pain, Restoring Hope," recounted his mission travels to remote Honduras.....Michelle's Office Book Club just finished a review of Bel Canto by Anne Patchett. Let us know if you have read a good book lately so we may consider it for our reading list!..... Donna's recent trip to Boston must have given the Red Sox just the boost they needed to win the World Series after 86 years. She's now a diehard fan!

Employee Spotlight Christy Bryant, CDA, is one of our dental assistants. A graduate of AB Tech, she is originally from Asheville and has been with our office for 10 years. Christy has been married to Steve for 6 years and they enjoy camping, going to the lake, and Nascar races. She also enjoys scrapbooking, planting flowers, Tennessee football, and outfitting her new house. Her only children (for now) are Bailey and Burt, miniature Dachshunds.

Quote Unquote Gratitude is the sign of noble souls.--Aesop

*During this special time of year, let us say Thank You for allowing us to serve you. We hope you have much
to be grateful for and have a
Happy Thanksgiving!*