



About Our Office

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

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Introduction As a service to our patients, we want to keep you updated on current events in our office and the profession. This is why we are excited to bring you this monthly in-house newsletter. Please enjoy our August issue!

Hot Topics **ZOOM!** You've heard about it, we've got it! Whether it be the TV show *Extreme Makeovers*, commercials, the Asheville Citizen-Times, or WLOS News, there has been a lot of media coverage lately on teeth whitening. While there are many options available, either through a professional office or over-the-counter, the hottest name right now in teeth whitening is **ZOOM!** This in-office whitening treatment is taking the nation by storm. Here's how it works: A patented whitening gel is applied to the teeth. Then, a special light is shone on the teeth for three 20 minute segments to activate the gel. At the end of your 1-hour session, your teeth should be at least 5 shades lighter! Easy as that!.....Since 1996, consumer demand for teeth whitening procedures, the #1 performed cosmetic dental service, has increased by over 300%! We currently provide three different whitening methods to make your smile dazzle. If you want your teeth to look their whitest and brightest, let us show you how!

Baby Boomers, look at this! The risk of developing Type II diabetes, osteoporosis and heart disease increases with age and researchers believe that these diseases often manifest themselves in the mouth. Don't get worried, but please consider the following:

Disease	Oral Symptom	Background
Type II Diabetes	Bad Breath, Bleeding Gums Dry Mouth Receding Gums	Diabetics are more susceptible to developing oral infections and periodontal disease. Oral infections are also more severe and diabetics who do not have good control over their blood sugar levels tend to have more oral health problems. 90% of diabetics suffer from Type II; onset usually occurs after age 45.
Heart Disease	Gum Disease	Studies suggest that gum disease may be a more serious risk factor than hypertension, smoking, cholesterol, gender and age. Heart disease is the number one killer of Americans and, after age 45, the risk of developing it triples.
Osteoporosis	Receding Gums Gum Disease	We may be able to detect the first stages of this disease through xrays. Also, other warning signs may include loose dentures, mouth sores and difficulty speaking or eating. 44 million Americans are at risk, particularly menopausal and post-menopausal women.

Around the Office Did you see our office on TV? We recently had the pleasure of participating in an **Extreme Makeover** segment for WLOS wherein we enhanced a local teacher's smile by placing eight upper porcelain veneers and performed a **ZOOM!** whitening procedure on the patient's lower teeth. All were pleased by the dramatic change in her smile—we not only made her smile bigger, we made it brighter by five shades!.....Dr. Martin co-chaired the recent American Cancer Society Golf Tournament. Our crazy weather held off just long enough for the duffers to complete their appointed rounds for a good cause!

Employee Spotlight Rebecca Allen, CDA, is one of our scheduling coordinators. She is a North Carolina native and graduated from North Buncombe High School, then obtained her Dental Assisting Certificate from AB Tech. Rebecca stays busy enough trying to keep up with her nine year old son, Hunter, and her six month old Nash, but when she does find some leisure time, she likes to shop, go hiking or running, and spend time with family and friends. She is married to Billy and has become a Tennessee Titans fan and loves going to their games. Always quick with a smile, Rebecca also enjoys making other people smile. Beware: there's a mischievous streak behind that innocent face! Big Tarheel basketball fan, too!

Quote Unquote Circumstances do not make the man; they reveal him. --James Allen, *As a Man Thinketh*

It would be a pleasure to have more people like you in our practice. If you refer someone to us, let us know so we may thank you personally for helping us build our practice.