



## About Our Office

A monthly newsletter from the office of Drs. Gillespie and Martin, PA  
[www.gillespiemartin.com](http://www.gillespiemartin.com)

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**Introduction** We are excited to bring you our monthly in-house newsletter to help keep you abreast of current happenings in our office and the profession. Suggestions and comments are always appreciated!

**Hot Topics** Support continues to build for a strong correlation between gum disease and cardiovascular problems. One study even suggested that, of those fatty deposits in the carotid arteries that contain bacteria, 40% of come from the mouth! So, as you begin the new year, here are a few ways to help you meet your oral health resolutions:

1. Leaving an extra toothbrush at work will increase the likelihood of brushing at work by 65%--brush those choppers after lunch right before you get back to the grindstone;
2. For home, buy a Sonicare toothbrush—it's a great brush but, perhaps even more importantly, it tells you when you've brushed long enough!
3. Use Colgate Total toothpaste. It is the only toothpaste in the U.S. that contains Triclosan, an FDA-approved antibacterial agent that helps fight gingivitis.

**Around the Office** You may have noticed a bit of reshuffling at our office! Rebecca Allen, who is a certified dental assistant, has joined Dr. Gillespie in the back as one of his chairside assistants. In her place, Suzanne Downs, CDA, has joined our staff in the position of Hygiene Scheduler. Suzanne has 8 years of experience in dental assisting and has fallen right into our office dynamic. A native of Asheville, Suzanne graduated from AB Tech with Marlo. Welcome, Suzanne!.....Dr. Gillespie and Donna will be spending a week in Honduras doing missions work in late January. Twenty-five people from Asheville will be going to do medical, dental, pharmaceutical, and construction work in the small village of El Olingo. Dr. Gillespie's wife, Betsy, and eldest son, Benjamin, will be joining them as well!

**Employee Spotlight** Lavonne Jackson, one of our financial coordinators, was born in the low-country of beautiful Beaufort, SC. Prior to joining our staff, she had 7 years experience as a dental office manager. She has served as one of our financial

coordinators for 7 years. Lavonne's favorite activity is spending time with her daughter Codie. Although a mountaineer, she remains connected to the Low Country through her love of Low Country foods, such as Frogmore Stew, shrimp n' grits, and buttermilk pie to name a few. Lavonne is an avid reader, enjoys gardening and the outdoors. She is also kept busy as a full-time student at Montreat College where she is working toward her Bachelor's degree.

Quote Unquote

Ring out the old, Ring in the new,  
Ring, happy bells, across the snow;  
The year is going, let him go;  
Ring out the false, ring in the true. -Alfred, Lord Tennyson, 1850

Our goal is to fill the next year with great patients like yourself, so we kindly welcome all your referrals!