



About Our Office

A monthly newsletter from the office of Timothy E. Gillespie, DMD, FAGD

www.drtingillespie.com

Vol. XI, Issue I

January/February 2008

Introduction Happy New Year! 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.

Hot Topics Last issue, we mentioned that demand for teeth whitening services has increased over 300% in the last 10 years and discussed in-office options for teeth whitening (this can be reviewed on our website under the “News” link). In this issue, we’ll explain over-the-counter (OTC) options. Remember, to “whiten” teeth, surface staining must be removed by an oxidizing agent, typically a type of peroxide gel. The delivery system is important, as we wish to expose the teeth to these agents for enough time to oxidize the stain!

1. **OTC Tray Technique**—Trays are “warmed and formed” to the teeth, like a football mouthpiece. Contains a lower concentration of gel than professional methods, but will provide some whitening if trays are formed well.
2. **OTC Whitening Strips**—Gel is held on the teeth by thin plastic strips. Contains a lower concentration of gel than professional strips. Relatively inexpensive and works well for well for some folks, but not all.
3. **Paint-On Whitening**—Whitening agent is painted directly on the teeth with a brush, which then solidifies, creating an adherent film. An inexpensive option, but does not stay on the teeth long enough to work well!
4. **Whitening Toothpastes**—Can minimize new staining but *do not* whiten teeth!

Around the Office The Asheville Chamber of Commerce, in conjunction with Riverbend Books, has just released a publication named *Asheville: A Photographic Portrait*. This coffee table book showcases our beautiful city, and our practice is proud to be featured in it! We’ll have a few copies placed around the office for your viewing pleasure. Other copies are available in local bookstores—check it out!.....

February is National Children’s Dental Health Month. As part of this program, our office will volunteer a Friday at the AB Tech Dental Clinic to place dental sealants on an entire classroom of second graders and, in addition, we will be sponsoring a school class to attend the Health Adventure’s NCDHM program.

Employee Spotlight *Barbara Earle, RDH*, has been practicing dental hygiene for 37 years—21 of those years have been spent with our office! Born in Anderson, Indiana, Barbara went to Asheville High School, then went on to graduate from UNC-CH in 1970 with an A.S. in Dental Hygiene. Barbara has one son, Daniel. She enjoys walking, yoga, photography, traveling, and has a repertoire of jokes which rivals that of Rodney Dangerfield.

Quote Unquote The object of a new year is not that we should have a new year. It is that we should have a new soul. —G.K. Chesterton

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