



About Our Office

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

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Introduction We hope you enjoy the July issue of our in-office newsletter which was developed to keep our patients current on events in our office and the dental profession. Your input and/or suggestions are welcome!

Hot Topics New research confirms that soft drinks, especially light-colored drinks, and canned iced tea appear to aggressively harm teeth. In a study conducted at the University of Maryland Dental School, non-cola drinks such as ginger ale, Mountain Dew, and Sprite were found to be particularly detrimental to teeth. Brewed black tea, root beer, coffee, and water had a minimal effect.

While sugar in soft drinks is at least partially to blame for tooth decay, other factors such as acidity also play a role. Tests provided the following results:

1. Non-cola soft drinks caused 2-5 times the damage of darker drinks, such as Coke, Pepsi, and Dr. Pepper;
2. Canned iced tea caused 30 times the enamel damage as brewed tea or coffee;
3. Non-cola drinks caused up to 180 times more tooth enamel damage than water;
4. Root beer was the safest soft drink tested.

Non-cola drinks contain flavor additives that are far more aggressive at eroding teeth, compared with regular cola soft drinks such as Coke and Pepsi. Our recommendation is to drink fewer soft drinks, allow more time between soft drinks, and rinse your mouth with water or brush after drinking to help combat the erosive effects of these drinks.

Around the Office Did you see the beautiful flowers out front? Carol, one of our office gardeners, spruced up our entryway with a splash of summertime color. Thanks, Carol, for sharing your talent!.....Dr. Gillespie has just passed the rigorous written examination for Accreditation in the American Association of Cosmetic Dentistry. He now has five years to document a number of esthetic dentistry cases, following strict guidelines, and present them to the American Board of Cosmetic Dentistry in order to obtain his accreditation, a designation achieved by less than 1% of practicing dentists!

Employee Spotlight Crystal Smith, CDA, is a graduate of AB Tech and has been dental assisting for 9 years. She is originally from Asheville and has been married to David for 11 years. Both are left-handed and shared the last name "Smith" by coincidence (separated at birth?). They have two dogs, Dexter, a basset hound, and Brandy, a mix. Crystal enjoys spending time with family and friends. She also likes to spend time outdoors and traveling when the opportunity arises—in fact, she has just returned from a trip to Niagara Falls! Crystal and David are technical wizards: they "burn" their own CD's and create fantastic photo albums of their travels, with captions, using their computer and digital camera!

Quote Unquote A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken. ---James Dent

We always appreciate referrals from great patients like yourself. If you know someone in need of a dental home, we would love to be of service!