



## 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 feel that the best time for our patients to learn about dentistry is while you are in the office, and your comments have proven this to be correct. Please enjoy our latest monthly in-office newsletter!

**Hot Topics** Evidence continues to mount that regular dental care may lead to more than just a healthy smile: At a special ADA and AMA media briefing held on February 23<sup>rd</sup>, medical and dental experts shared their ongoing research into this possible relationship and addressed how a multidisciplinary approach may lead to better overall health.

Now, in addition to well-established links between oral health and cardiovascular disease, diabetes and pregnancy risks (reported before in our newsletter!), there appears to be an association between osteoporosis (low bone mineral density) and periodontal disease. If you think about it, it makes perfect sense that osteoporosis in the body would also occur in the mouth. Sufficient dietary calcium is essential for maintaining bone mineral density, so make sure you are getting enough calcium. Vitamin D aids calcium absorption from the intestine and regulates calcium metabolism, so make sure you are covered there as well. Exposure to sunlight helps the body manufacture its own Vitamin D—another reason to get out and enjoy these warm, sunny days!

**Around the Office** Last month, as part of National Children's Dental Health Month, our office sponsored fifty second and third graders to visit the Health Adventure for their wonderful yearly presentation on dental hygiene. Research shows that if kids can learn good hygiene habits early, they will carry them with them throughout their lives!.....Dr. Gillespie has started a yearlong course at the world-renowned Misch Institute. Studying under Dr. Carl Misch, Dr. G will learn the principles and techniques of placing dental implants. At the end of the coursework, we will be prepared to take an implant case from initial placement to final restoration, all in-office!.....Many of our staff will be traveling to Atlanta later in March to attend the Hinman Dental Convention, the Southeast's largest event of its kind. We'll look forward to sharing what we learn with our patients as we continue to stay on the cutting edge of dental practice.

**Employee Spotlight** Marlo Burdine, CDA, is originally from Detroit, MI, but she has lived in many places, such as Alameda, CA, Cincinnati, Greensboro, and Jacksonville, NC. As you can tell, she loves to travel! However, Marlo went to high school at Asheville High and has spent many years here--she just can't resist the pull of the Great Smoky Mountains. She received her dental certificate at AB Tech (she wanted a career change after 10 years in retail/management). Marlo's daughter, Shariyar, attends Evergreen Community Charter School. Her hobbies include traveling (of course!), reading, challenging the Nintendo Playstation, and surfing the Net.

**Quote Unquote**

If we had no winter, the spring would not be so pleasant;

If we did not sometimes taste of adversity, prosperity would not be so welcome.

—Anne Bradstreet

Our practice family continues to grow thanks to the kind referrals of great patients such as yourself. When we may be of service to your friends or acquaintances, let us know!