



## 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** Welcome to the November/December issue of *About Our Office!* If you wish, you can download a copy of our newsletter from website, [www.gillespiemartin.com!](http://www.gillespiemartin.com)

**Hot Topics** The approaching holiday season brings an increase in social events which means there are more opportunities to flash that beautiful smile. Here are some tips to help keep your smile its yuletide whitest (bright white looks better against the red and green color scheme!):

1. Be Grinchy about stains—Minimize exposure to dark-pigmented food and drink: red wine, dark sauces such as cocktail sauce, and many punches. Instead, consider white wine and chomp on apples, carrots and veggies; the cellulose in their skins and their slightly acidic compositions actually cleanse teeth.
2. The Chewing Gum Claus (Clause?)--If you can't brush after a big meal, chew sugarless gum with a whitener for 20 minutes. Recent studies suggest chewing gum after meals may reduce plaque by up to 20%. The whitener helps with stain control.
3. The Morning-After Remedy--Whiten teeth for 30 minutes the morning after a party to help dissolve any fresh staining.

Do you know how to make someone smile? Give them one! As you are thinking about holiday gift ideas, you might like to consider a gift certificate for one of our professional tooth-whitening options:

1. ZOOM! Weekender, a 3-day formulation of the ZOOM! gel;
2. Nite-White, an 8-day formulation of whitening gel for night use;
3. Day-White, an 8-day formulation of gel for day use.

Details are available at our front desk!

**Around the Office** Christy Bryant, alas, has decided to pursue a job change as a New Patient Coordinator/Assistant in a local orthodontic office—we will sorely miss her. Thanks for 11 great years, Christy!.....Dr. Gillespie recently spent a week doing disaster relief in Gulfport, MS, with some close friends. The fact that they came back with no major injuries is proof positive that miracles do happen!.....Carol's daughter, Leigh, will be getting married in December. Congratulations, Leigh!.....You will notice Carol's gardening skills in the new Fall/Winter plantings as you enter our office. She does a wonderful job, doesn't she?

Employee Spotlight **Carol Miall, RDH**, is one of our dental hygienists. A graduate of Asheville High School and AB Tech, she worked as a dental assistant for 5 years and has been a hygienist for 25 years, 9 of those with us. With the Buncombe Co. Health Dept. for 10 years, Carol was the Fluoride Mouthrinse Coordinator in the local schools and helped develop a dental health curriculum for NC teachers. Reading, Shag dancing, gardening (a Rosarian!), and weight lifting are among her hobbies. Carol has two grown children, Tripp and Leigh.

Quote Unquote **We can only be said to be alive in those moments when our hearts are conscious of our treasures.—Thornton Wilder**

During this special time of year, let us say Thank You for allowing us to serve you. We hope you have a Happy Thanksgiving and a Merry Christmas!