

About Our Office

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

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Introduction Enjoy our newsletter! If you wish, you can download a copy from our website!

Hot Topics Demand for teeth whitening services has increased over 300% in the last 10 years. In response, the methods in which you can whiten your teeth have increased as well. Generally, 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 a short period of time, but not the gums! Below is a brief explanation of some of the in-office options for whitening—we’ll discuss over-the-counter options next month.

1. **In-Office Whitening**—A high concentration of gel is applied for a short time under supervised conditions. Whiter teeth in one visit, but may require some further whitening at home.
2. **Conventional Tray Technique**—Tried and true! Custom-fitting trays hold gel on teeth well for proper exposure. Typically takes about 8 days or nights.
3. **Whitening Strips**—Gel is held on the teeth by thin plastic strips. Relatively inexpensive and works well for well for some folks, but not all.

Around the Office This is an exciting time around the office! *Colene* has just been published in *Dental Economics* magazine, the nation’s leading business journal for the dental profession! Her article is entitled **Whatever it Takes** and relates some of Colene’s experiences in successfully enrolling her patients to practice good home care effectively. Congratulations, Colene!.....*Dr. Morgan* just completed the **Shut-In Trail Run**. Our 5-time Ironman Triathlete finished this grueling run up to Mt. Pisgah in tenth place in a field of 200 runners! Great job, Dr. Morgan!.....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! Throughout, the reader can see magnificent photography of our area along with the written word describing how Asheville supports our wonderful quality of life. We’ll have a few copies placed around the office for your viewing pleasure. Other copies are available in local bookstores.

Employee Spotlight *Cindy Chapman*, one of our Office Coordinators, is a native of Balsam. She has an A.S. in Business Administration and is also a Certified Dental Assistant. She has been in the dental field for over 20 years and has worked with Dr. Gillespie for almost 15 of those years! Cindy is an animal lover and gets pleasure out of caring for her three dogs. She attends Sacred Heart Catholic Church in Brevard and is married to Richard, with whom she loves to spend time enjoying the great outdoors and working on unlimited projects around their scenic mountaintop home.

Quote Unquote As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. —John Fitzgerald Kennedy

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!