



Hammerlee Dental Care Newsletter



December 1, 2011

Volume 1, Issue 10

Inside this issue:

Service Spotlight	2
Children's Dental Health	2
Feature Patient	2
Did You Know ...	3
Prevention is the Key	3
Q & A	4

On our website you can:

- ◆ Check your scheduled appointments or make an appointment request
- ◆ Complete necessary forms
- ◆ Refer a friend
- ◆ Learn about our staff and services
- ◆ Access a wealth of dental health information
- ◆ Read our previous newsletters
- ◆ Provide valuable feedback and contact us



News Updates



The Hammerlee Dental Care Team

Dr. Bill has been **very** busy with continuing education lately. He has begun working towards his Mastership in the Academy of General Dentistry (the Academy's highest award) and recently attended courses in Harrisburg to begin the process. Additionally, Dr. Bill completed training in oral conscious sedation for dentistry in Boston. This allows our patients to have yet another option for more comfortable treatment options at our office.

The office recently attended courses in infection control and oral cancer detection. Our hygienists, Linda and Stacie, also attended a seminar on early orthodontic intervention for

children.

Once again, we were proud to support our Erie Zoo by sponsoring a booth at Zoo Boo. This sponsorship was featured on Dentistry IQ, and if you missed it, you can read about it by clicking [HERE](#).

Hammerlee Dental Care has also been busy with donations for community events. We donated a large gift basket for the LECOM Student Scholarship Fund Silent Auction. We have also donated toothbrushes, toothpaste, and a Chinese auction gift basket for the St. George School Christmas Store. We have also committed to providing dental giveaways for the Wellsville visit to the St. George School in January 2012.

In our continued commitment to our community, our office has teamed up with the Pennsylvania Dental Hygienist Association (PDHA) to be a Sealant Saturday location. This will be our first participation in the 9th annual event, and we will be holding our Sealant Saturday on February 4, 2012. We will be providing free preventative sealants to underserved children in our area on that day and anticipate seeing up to 40 children that day.

Zoo Boo 2011 was another huge success!

For the third year in a row, Hammerlee Dental Care was a booth sponsor for Zoo Boo, the Erie Zoo's premier event. Our booth provided 20,000 giveaways of toothbrushes or sugarless gum. New for this year, we included a certifi-

cate for a free dental examination and cavity detecting x-rays which aimed to increase access to dental care for Erie area residents.

The event was a success as always, with nearly 38,000 people attending. Our hy-

gienist, Stacie, braved the cold many nights to visit with children at the event dressed as the Toothfairy (see "Did You Know ..." on page 3).

We look forward to supporting our Erie Zoo next year for Zoo Boo 2012.



Service Spotlight: Frenectomy

A frenum (or “frenulum”) is a thin band of muscular tissue that secures or restricts movement of mobile tissue in the body. In the mouth, they are found under the tongue (“lingual”), inside the upper and lower lips (“labial”) and inside the cheeks (“buccal”). Two of these frena can occasionally obstruct normal function and this procedure may be recommended, primarily in children to prevent developmental and speech issues. The lingual frenum connects

the tongue to the floor of the mouth. Sometimes it can run from the tip of the tongue and/or very close to the lower front teeth causing a person to be “tongue tied” and can interfere with speech and eating. The upper labial frenum attaches the lip to the gum tissue. If it is connected too “low” it can cause gum recession, a space between front teeth or may inhibit a denture from fitting. Prominent frena can also cause gum recession by constant “pulling” on the

tissue.

So what do we do if a frenum is causing a problem? A frenectomy. This is a quick, simple and common procedure that involves numbing the tissue and removing the excessive muscular attachment. This can be done either surgically or with a laser. Typically, no sutures are needed with the laser technique. The area may have some initial soreness or swelling and often will feel similar to a “canker sore” for a few days.



Above: Prominent Labial Frenum
Below: Prominent Lingual Frenum



The AAP recommends that water, not sports drinks, should be the principal source of hydration for children and adolescents.

Children’s Dental Health: Sports Drinks & Energy Drinks

Recently, the American Pediatric Association (AAP) published a report outlining the negatives of children’s consumption of energy and sports drinks. Energy drinks are laden with caffeine and stimulants such as guarana and taurine, which can have effects on developing neuro-

logical and cardiovascular systems. They recommend children and adolescents don’t drink them at all.

Sports drinks contain carbohydrates, minerals, electrolytes and flavoring and are intended to replace water and electrolytes lost during

sweating. They contain extra calories that can contribute to obesity, enamel erosion and tooth decay. The recommendation is that routine ingestion should be avoided or restricted to use when rapid replenishment is needed and they should be combined with water.

Feature Patient: Brian Rich

Originally from Maryland, Brian Rich was brought to Erie to serve as General Electric’s Global Security Director. Brian definitely has the background for the job ... he served both city and county police departments in his home state near the DC border where he served as a detective in charge of major crimes. He earned the Officer of the Year award as well as numerous citations of merit and distinction. Additionally, Brian was a Special Agent with the FBI in New Jersey where he served on the public corruption squad and the Evidence Response Team. He has been a district manager for the asset protection program for a major retail chain as well. Brian earned his Bachelor’s Degree at the University of Maryland in College Park, MD and his Master’s Degree in Forensic Science from George Washington University in Washington D.C.

Brian and his wife, Monica, have five children, four girls and one boy. In his free time, Brian enjoys being active in all different types of sports, especially running, though his favorite activity is getting out and playing with his kids. He is also a first-year swim coach at St. George School.



Brian Rich and 4 of his 5 children



Did You Know ...



Stacie Zaccaria, RDH, PHDHP
"The Toothfairy"

... that our hygienist, Stacie, is our very own Toothfairy?

For the past three years, Hammerlee Dental Care has sponsored a trick-or-treat booth at our local zoo's premier event, Zoo Boo. Nearly 20,000 children visit the Erie Zoo during the two week event each year and make their way through the zoo visiting treat booths along their path. All booths, except ours, hand out treats like candy, cookies or chips. The Hammerlee Dental Care booth hands out a healthier alternative of sugarless gum and toothbrushes. Kids and parents that visit our booth have an extra treat in store ... a close up and personal visit with the Toothfairy!

Each year, Stacie braves all different kinds of weather to visit with the Zoo Boo crowds. The kids are always so excited to see her! She has her sparkling dress and tiara on, her molar wand in hand and her dazzling wings on, which the kids love. Stacie enjoys visiting with the children and hearing their stories of loose and lost teeth and is always reminding them to brush and floss. Many evenings at Zoo Boo, kids come running up to show her a tooth they've lost at the event that very night.

We appreciate all of Stacie's hard work and dedication to make the event so very special for the community! She makes an absolutely perfect Toothfairy.

Prevention is the Key: Pre-term, Low Weight Babies

Pre-term delivery (births occurring prior to 37 weeks gestation) and low birth weight are among the adverse pregnancy outcomes that represent a significant public health concern. According to the March of Dimes, 1 in every 13 babies born in the US is born with low birth weight. Since birth weight is one of the most important factors in the growth, development and survival of an infant, this rate is substantial. Low birth weight is defined as less than 5 lbs, 8 oz at birth. Modern day science and medicine has increased the survival rate of these babies significantly. However, adverse pregnancy outcomes are the leading cause of neonatal death, long-term neurodevelopmental disturbances and other serious complications.

The cause of pre-term, low birth weight babies (PTLBW) is not truly known. Scientific evidence identifies many associated risk factors, which include a multiples pregnancy, uterus or cervix abnormalities, mother's chronic health issues, smoking while pregnant, drugs and alcohol, insufficient prenatal care, low socioeconomic factors, maternal age (under 18 or over 35), and maternal or fetal infection (including the systemic inflammation resulting from infection).

Gum disease (periodontitis) is a chronic infection of the gums surrounding the teeth, which in recent years is being linked with contributing to systemic infection. The association between gum disease and pre-term, low weight babies has been observed for many years. Although the

exact association is still being reviewed by researchers around the world, there seems to be an agreement that good oral health is increasingly important to women of child bearing age.

Some scientific research suggests that the bacteria around teeth that are affected by periodontal (gum) disease produce toxins which enter the blood stream, cross the placenta, and interfere with growth and development of the developing fetus. While this is happening, other substances are being produced which may enhance the trigger mechanism for early delivery of the fetus. Yet other studies indicate that it is the body's immune system, which responds to the circulating chronic oral bacteria and its endotoxin by-products with systemic

inflammation that contributes to pre-term, low weight babies. Based on these theories, periodontal disease (particularly in the advanced stage) may be an independent risk factor to PTLBW outcomes.

Maintaining good oral hygiene, both at home and with a professional, in conjunction with annual periodontal probing visits with a dental professional, is the best proactive approach. †

† Source: www.oral-fetus-connection.com

Many factors can contribute to PTLB. Gum disease is one factor easily eliminated as a cause of PTLB.

Hammerlee Dental Care

5158 Peach Street
Erie, PA 16509

www.hammerleedentalcare.com

Phone: 814-868-3647
Fax: 814-864-2715

Email: info@hammerleedentalcare.com



EXCELLENCE IN A COMFORTABLE SETTING



Click [here](#) to follow us
on Facebook!

The contents of this newsletter are for informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your dentist or physician or other qualified health provider with any questions you may have.

Dr. William Hammerlee has been a dentist in Erie, Pennsylvania since 1984. Raised in Corry, Pennsylvania he is a graduate of Asbury College in Wilmore, Kentucky and The University of Pittsburgh School of Dental Medicine in Pittsburgh, PA. Dr. Hammerlee is a member of the American Dental Association, the Pennsylvania Dental Association and the Erie County Dental Association, as well as a Fellow in the Academy of General Dentistry.



To opt-out of e-mail correspondence, please send an e-mail with your preferences to: jody@hammerleedentalcare.com

Q & A: Do you use thyroid collars when taking x-rays?



Lead apron with attached thyroid collar

Quite simply ... yes. Several months ago "The Dr. Oz Show" replayed a segment that originally aired on September 28, 2010, about this and it brought up some excellent points for discussion. The show focused on thyroid cancer and during a portion of the show, Dr. Oz promoted the use of protective lead aprons and thyroid collars to reduce radiation exposure, a practice the American Dental Association (ADA) recommends in "The Selection of Patients for Dental Radiographic Examinations" developed by the ADA and the U.S. Food and Drug Administration. While the ADA believes the radiation exposure from dental x-rays is low relative to other sources, every precaution

should be taken to ensure that radiation exposure is as low as reasonably achievable.

The thyroid is a gland in the neck below and in front of the throat. It secretes hormones that control metabolism. People with low thyroid function gain weight and are lethargic. Those with an overactive thyroid have weight loss and can experience nervousness and other problems. The thyroid is particularly sensitive to radiation, and excessive radiation exposure is a known risk factor for various thyroid conditions. The American Cancer Society estimates that 44,670 new cases of thyroid cancer occurred in 2010 and it caused

about 1,690 deaths.

Dental x-rays give a very low dose of radiation to the mouth, especially in comparison to other forms of medical testing. There is some scatter of radiation and the potential for some radiation absorption by the nearby thyroid. Our digital x-rays are low dose which increases safety and decreases exposure for our patients. Our position is to not needlessly expose the thyroid to any amount of radiation, no matter how minimal. As always, we strive to provide our patients with the best care possible and that's why we have always used the thyroid collars.