

# Hammerlee Dental Care Newsletter

*excellence in a comfortable setting*

**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



*Linda, Alesha & Jen*

On October 3rd, our staff superheroes” ran in the Her Times 5K. A big “thank you!”

goes out to Doleski & Wolford Orthodontics for sponsoring local dental offices to participate and putting on an amazing breakfast after the race!

Our business manager, Jennifer, competed live on Classy 100 radio for the For Women Expo’s cupcake contest. Her delicious banana cupcakes were one of the finalists in the competition.

Dr. Bill was one of the local dentists battling for the Inaugu-

ral Dental Derby to benefit the V Foundation’s pediatric cancer fund. He was up against LECOM’s 4th year dental students and a great time was had by all for a great charity!

Hammerlee Dental Care was proud to once again contribute a large basket valued at nearly \$300.00 for the 6th Annual LECOM Student Scholarship Silent Auction in October.

Dr. Bill is progressing through the Academy of General Dentistry’s Masters Program. He traveled to Philadelphia recently for a four day conference where he presented case studies and attended lectures.

On October 24th, Dr. Bill performed with the Erie Philharmonic Chorus and Orchestra for “The Champions of Rock”, where they performed legen-

dary songs by Queen and Journey.

November brought a baby shower for our hygienist, Deena! It was a fantastic event held at Calamari’s and we look for Miss Viviana Ivy Pribonic to make her VIP appearance in December!

In November, most of the staff traveled to Gettysburg for the Keystone Dental Health Conference in Gettysburg. Check out page 3’s section on our hygienist, Dana. She wrapped up an amazing year as the President of the Pennsylvania Dental Hygienists’ Association at this Annual Session.



*The HDC team in Gettysburg*

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## ZOO BOO 2015

For the 6th consecutive year, Hammerlee Dental Care was proud to be a booth sponsor for the Erie Zoo’s most spectacular event of the year!

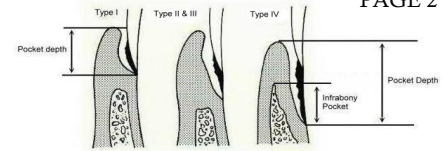
Zoo Boo 2015 was a scary but not-too-scary success! Nearly 40,000 attendees and nearly

20,000 trick-or-treaters attended the two-week long event.

The Hammerlee Dental Care booth handed out toothbrushes, toothpaste and floss and the Tooth Fair was even spotted most evenings!



*Zoo Boo 2015*



## SERVICE SPOTLIGHT: “CLEANING?” “DEBRIDEMENT?” “PERIO?”

If it has been awhile since you’ve had a dental appointment, or if you are a new patient, Dr. Hammerlee will examine you and evaluate which “type” of treatment meets your needs. Basically, there are three categories:

1. Prophylaxis: this is generally referred to as a “cleaning”. This is a routine preventative procedure for those whose gums are in normal, disease-free condition. It includes removing any plaque or tartar above the gum line and slightly (1-2mm) below.

2. Full Mouth Debridement: this is a treatment that includes removing plaque and tartar above and below the gum line to be

able to examine evaluate the teeth and tissue. This patient often has some gum disease, bleeding of the gums when touched, redness, swelling and possibly bone loss. This procedure allows the gum disease to start healing and makes a thorough oral exam possible. Subsequent treatment is dependent on the results of this healing process.

3. Periodontal Treatment: usually, when pocket depths exceed 4-5mm (see illustration), and the pockets bleed when touched, patients have periodontal disease. Bone loss around the teeth is typically present and a more aggressive treatment is necessary to arrest this aggressive disease pro-

cess dependent on the level of the disease. Dr. Hammerlee may prescribe antibiotics which have an affinity to target the bacteria that is attacking the gums and producing toxins. The treatment is completed in two visits with local anesthesia for comfort. All plaque and tartar is removed and the root surface is planed where damaged.

It is important to have a dental visit at least every 6 months to easily remove deposits while they are above the gum.

*The treatment recommended for you depends on the health of your gums, amount of build up and pocket depth of the inner lining of the*

“ Children should be evaluated by an orthodontist near age seven. ”

## CHILDREN’S DENTAL HEALTH: EARLY ORTHODONTIC EVALUATION

Orthodontic treatment is used to correct malocclusion, crooked or crowded teeth, irregularly spaced teeth and other jaw problems. An improper bite in a child can interfere with chewing and speaking, and can lead to later problems with the jaws and teeth. Many potential problems can be corrected easily and with optimal results due to early intervention.

Dr. Hammerlee routinely refers children at risk for alignment problems for evaluation by an orthodontic specialist around age seven. This gives the orthodontist the best opportunity to treat the child during a growth phase, which allows the jaw growth to be guided to correct many issues. Oftentimes, speech problems and damaging oral habits can be rectified at

this time as well.

A nice, straight smile provides a child with wonderful self esteem, but is also important for a healthy mouth, making teeth easier to clean to help avoid tooth decay and gum disease for a lifetime. Early intervention allow your child the greatest chance for a healthy bite.



Michael Pettinato III at the 2015 Color Run

## FEATURE PATIENT: MICHAEL PETTINATO III

This issue’s feature patient is Michael Pettinato III. Michael is eleven years old and is in fifth grade.

Michael loves to read and his favorite author is Rick Riordan. Right now he is reading “The Heroes of Olympus” series. He loves history and science. Recently, he traveled to Gettysburg to see

the battlefields and learn more about the civil war era.

Michael is trying out for the basketball team this year and he is also playing the clarinet for his school band.

Michael loves to run, often with his mom. He has done several 5Ks and in 2015 he did his first Color Run. He loved

the color run and getting blasted with all of the different colors.

Michael also loves photography and even had one of his photos of a bald eagle was even featured in the Erie Times News.

Michael has one pet, a beta fish named Shimmer.

## DID YOU KNOW ...

... that our hygienist, Dana Shaffer, recently closed out her year as President of the Pennsylvania Dental Hygienists' Association?

We are so very proud of Dana and all of her many accomplishments. She has been leading her professional organization's state constituent this past year and has had an amazing presidency.

Dana has always been very dedicated to her profession and provides our patients with the utmost in quality of care. Additionally, she has a deep commitment too

volunteerism and community initiatives that facilitate access to oral care. She has volunteered at MOM-n-PA Dental Missions; ADHA CLL/Annual Session Community Service Days; the Second harvest Food Bank Backpack Program; Cavity Free Kids Program; Healthy Teeth, Healthy Children Presentations; working with Student ADHA groups; Sealant Saturday events; Give Kids a Smile Day, Miles of Smiles, KaleidAScope Dental Presentation and even has done a dental mission trip to Honduras.

She also is an instructor at the Dental Hygiene Program at Fortis Institute, Erie Campus, where she has mentored many students as they start down the path of their careers in the dental field. We are so very proud to have Dana on our team! Congratulations Dana!



*Dana Shaffer, RDH, BS, PHDHP*

## PREVENTION IS THE KEY: GUM AND HEART DISEASE AGAIN LINKED IN RECENT STUDY

**By: Dr. Jerry Gordon**  
**Bucks County Courier Times**

For more than two decades, it has been known that there is an association between gum and cardiovascular or heart disease, including heart attack and stroke. Recently, a large Swedish study from Uppsala University confirms these findings. Those who have both gum and heart disease fare worse than those who maintain their teeth and have healthy gums.

The study surveyed nearly 16,000 people in 39 countries who had known heart disease. The group was followed for four years. At the end of the study, it was determined that the less teeth a person had, the greater the likelihood that they would suffer from a fatal heart attack or stroke.

Gum disease is caused by plaque, a bacterial film that continuously forms around the teeth. Bacterial plaque infects the gums when our brushing and flossing does not remove it. Plaque is responsible

for sore, puffy and bleeding gums, bad breath, loose teeth, and ultimately tooth loss. It is the main reason that people lose their teeth.

Millions of Americans suffer from gum disease, and is treated a number of different ways, depending on how advanced it is. The main ways to treat gum disease is with deep cleaning under the gums, gum surgery, bone grafts, and antibiotics. Oral hygiene technique and instruction also plays a critical role in the prevention and treatment of gum disease.

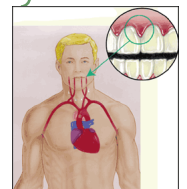
Gingivitis, the earliest stage of gum disease, is the only one that can be cured, and steps include improved oral hygiene, which includes brushing properly at least three times a day, and flossing at least once a day. The addition of antiseptic mouth rinses can also help eliminate gingivitis.

Early gum disease is treated with a procedure known as scaling and root planning. The dentist or dental hygienist uses thin curettes and gently removes the plaque and tartar under the gum-line. Moderate and advanced gum disease is usually first

treated with scaling and root planning. After the gums heal, a surgical procedure may be required if plaque remains deep under the gum-line. The addition of bone or gum grafts and antibiotics can also be employed in a comprehensive treatment strategy.

Identification and treatment of gum disease is important for your dental health. Regular dental visits are critical because gum disease is usually painless and most patients are unaware they have the condition. Those who have heart disease need to be especially diligent with their oral hygiene and dental care to preserve their dental and overall health.<sup>†</sup>

*The oral-systemic connection*



<sup>†</sup> Source: Bucks County Courier Times; [http://www.buckscountycouriertimes.com/life-style/guides/your-health/gum-and-heart-disease-again-linked-in-recent-study/article\\_72b8c834-ad53-52ad-8f80-6035ff4d34dc.html](http://www.buckscountycouriertimes.com/life-style/guides/your-health/gum-and-heart-disease-again-linked-in-recent-study/article_72b8c834-ad53-52ad-8f80-6035ff4d34dc.html)

Accessed: November 3, 2015

*“Those who have heart disease need to be especially diligent with their oral hygiene and dental care to preserve their dental and overall health.”*

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Dr. William D. Hammerlee

*Dr. William Hammerlee has been a dentist in Erie, PA 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, the Erie County Dental Association, and a Fellow in the Academy of General Dentistry.*



Dr. Adam J. Hammerlee

*Dr. Adam Hammerlee grew up in Erie and is also a graduate of Asbury College in Wilmore, Kentucky and The University of Pittsburgh School of Dental Medicine in Pittsburgh, PA. He is a member of the American Dental Association, the Pennsylvania Dental Association, the Erie County Dental Association, and the Academy of General Dentistry.*

To opt-out of e-mail correspondence, please send an e-mail with your preferences to: [info@hammerleedentalcare.com](mailto:info@hammerleedentalcare.com)

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### Q & A: DO YOU HAVE GLUTEN-FREE PRODUCTS AVAILABLE FOR ME?

Yes! First, let's talk about gluten. Gluten is a protein found in wheat and other grains (and foods processed with them). It is what gives dough its elasticity. Gluten proteins are harmful for a person with a condition called celiac disease.

Celiac disease is a lifelong, inherited, autoimmune condition that can affect both children and adults. When people with celiac eat foods that contain gluten, it creates an immune-mediated, toxic reaction that damages the small intestine and prohibits proper food absorption. Even the most minimal exposure can cause reactions. Health problems and damage to the small intestine can eventually occur, even when there are no symptoms are present.

While celiac disease affects about 1 percent of the U.S. population, experts estimate that as many as 10 percent have a related and poorly understood condition known as non-

celiac gluten intolerance (NCGI), or gluten sensitivity.

Gluten sensitivity is a lesser reaction to gluten exposure, is not considered to be an autoimmune condition and may not be a lifelong issue. Symptoms include; bloating, abdominal discomfort, pain, or diarrhea; or it may present with a variety of extraintestinal symptoms including headaches and migraines, lethargy and tiredness, attention-deficit disorder and hyperactivity, muscular disturbances as well as bone and joint pain.

When celiac disease is present, even the tiniest amount of gluten can cause a major reaction. With that in mind, gluten-free products should always be used for any procedure inside the mouth due to even the slightest possibility of ingestion. Cosmetics applied to the lips should also be gluten free for this reason. In the dental office, the topical numbing gel we use prior to local

anesthesia and the polishing paste we use at a "cleaning" appointment

are the products that typically contain gluten for optimal texture and consistency. Here at Hammerlee Dental Care, we have a specific line of gluten-free versions available for our patients with celiac disease and gluten sensitivity. It is important for us to know about any gluten issues you may have so we can use the best choice of products for you during your treatment.



*Gluten is a protein found in wheat and other grains.*

For more information about this topic and other dental information, please visit our website and click the "Dental Health Online" link. If you have a question about our office that you would like to see featured in our Q&A section, please e-mail it to: [linda@hammerleedentalcare.com](mailto:linda@hammerleedentalcare.com)