



Hammerlee Dental Care News



COMMITMENT TO CONTINUING EDUCATION

Dr. Hammerlee and our staff have been very active staying on the cutting edge of the dental profession through continuing education. Dr. Hammerlee is preparing for an intensive hands-on dental implant continuum in June. He will be exploring implant techniques with the industry leaders of this specialized field.

Dr. Hammerlee and our hygienists, Linda and Stacie, have recently completed a program addressing the mind-body connection and the immune system, including chronic inflammation. You can read more about the impact of chronic inflammation in

this issue's "Prevention is the Key" article.

Linda has also recently completed a seminar outlining forensic dental identification comparison and analysis. Emerging technologies and their application to natural disasters, crime investigation, abuse and injury were key elements of the course.

Dr. Hammerlee and our staff have also recently completed a comprehensive course in OSHA Safety & Health Principals to provide the safest office environment possible for our staff and patients.

Additionally, we are proud to announce that our full time hygienist, Linda, has received her license as a Public Health Dental Hygienist Practitioner (PHDHP). She is one of approximately 200 Pennsylvania dental hygienists with this professional designa-

tion of the nearly 8,500 in the state. This license allows Linda to provide dental hygiene services without the supervision of a dentist in public health settings such as schools, nursing homes, healthcare & senior living facilities, correction institutions and community health clinics.

Linda and Stacie



LINDA STRAUB-BRUCE, RDH, BSED, PHDHP

remain two of the few hygienists in the state who are qualified to administer local anesthesia.

We are so motivated to learn new techniques and information to better educate us to provide enhanced state-of-the-art dental care for you, our patients.

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
- ◆ Contact us



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News Updates: Saturday, June 5, 2010 Event

On April 30th the John Kanzius Cancer Research Foundation was voted to receive a \$250,000.00 grant from the Pepsi Refresh Project. We can continue to support the Foundation on June 5, 2010 by attending the Erie Bikers Against Cancer (E.B.A.C.) First Annual Bug Run from 10am—6pm. Registration begins at 10am at Harley

Davidson of Erie and the event will be held rain or shine. A benefit party will be held at the Sloppy Duck from 4pm-6pm featuring the Duke Sherman Blues Band. There will be lots of food & fun, raffles & Chinese auctions and non-riders are welcomed for the benefit party that follows the ride. Thank you to our patient, E.B.A.C. President

and Bug Run organizer, Renee Lawrence for this wonderful community event. More information can be found on E.B.A.C.'s Facebook page. Come out to support the Kanzius Foundation and their ongoing radiowave cancer treatment research!





Service Spotlight: Veneers and Lumineers

Veneers are thin, custom-made facings made by a dental laboratory, crafted of tooth-colored materials designed to cover the front side of teeth. Traditional veneers are irreversible, since they require the tooth structure to be shaved down for their placement. Dr. Hammerlee does

an ultra-thin type of veneer called Lumineers, which require no anesthetic or drilling and are completely reversible. They are approximately 0.2mm thick, about the thickness of a contact lens. The placement of Lumineers involves two appointments and it is quick and painless. They are highly translucent, which allows them to appear like natural enamel, and they are durable and resistant to wear.

Dr. Hammerlee can evaluate you to see if you are a candidate for Lumineers. They can be used to:

- ◆ Reshape your teeth to make them look straighter and more uniform
- ◆ Improve the appearance of chipped or fractured teeth
- ◆ Close spaces or gaps between teeth
- ◆ Revitalize your smile
- ◆ Align your smile

Four out of five people are candidates for these thin, strong, pain-free, easy type of veneers. If your smile is an issue, Lumineers may be the solution for you.

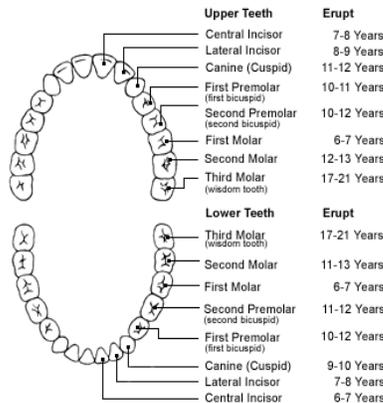


VENEERS

- ◆ Make teeth appear whiter

WE HAVE TWO SETS OF TEETH IN OUR LIFETIME. OUR 20 BABY TEETH ARE EVENTUALLY REPLACED BY 32 PERMANENT TEETH.

Children's Dental Health: Permanent Tooth Eruption



We have two sets of teeth in our lifetime. Our 20 baby teeth are eventually replaced by 32 permanent teeth.

The first permanent molars, sometimes called the "six-year molars" usually appear behind the last baby tooth in the mouth around age 6 and are often mistaken for additional baby teeth. Most children have 28 of their permanent teeth

around age 13, and the remaining four are the "wisdom teeth", or 3rd molars, which may erupt between ages 17-21. Dr. Hammerlee may recommend their removal if they are partially erupted or impacted, or if there is not sufficient room for them. Permanent teeth should last a lifetime, so it is important to take care of them with brushing 2-3 times per day, cleaning between them with dental floss daily and having regular dental visits.

Feature Patient: Terry Giles

Terry Giles, Ph.D. is a professor of biblical studies in the theology department of Gannon University. He has authored or co-authored seven books, and his most recent work is "Doubter's Guide to the Bible". He has also written several articles on the Old Testament and related fields. We are thrilled that one of our patients is an acclaimed Amazon.com author!

Terry is currently working on the performative origin of the biblical book of Ruth and will present the project this fall at the Society of Biblical Literature that will include the participation of a Pulitzer prize winning playwright. Terry and his wife, Cheryl, reside in Erie and have three grown children who reside in Pittsburgh, Durham, NC and Erie. They enjoy spending

time on their sailboat (and Cheryl on her jet ski) and with their dog Billy who plays the piano and sings. Terry also enjoys hunting, fishing and golfing.



TERRY & CHERYL GILES



Did You Know ...

... that our business manager, Jody, is soon to be an empty nester? Jody has three young adult kids that have grown up on her!

Her daughter, Michelle, graduates from Harbor Creek High School in June and will be attending Penn State Behrend this fall. She was the Harbor Creek Homecoming Queen in her senior year and currently works at Stan's Garden Center.

Jody's two sons, Matthew and Kyle, live in Pittsburgh. Matthew, her oldest, is in his third year at The Art Institute for

Industrial Design. He is a very creative designer with a bright future.

Kyle is in his third year as a reservist with the National Guard. He works at Macy's in Pittsburgh as a security guard with the ambition and desire to be a police officer when he turns twenty-one.

Jody's kids say that she has a replacement child ... Bella, the family dog! Jody definitely agrees with that.

Jody's significant other, Joe, is a big part of her world too and they have a lot of fun spending

time together doing their favorite activities which include scuba diving, bicycling and traveling to interesting places.



MICHELLE BENICH, KYLE BENICH, JODY BENICH, JOE STEGER AND MATTHEW BENICH



BELLA BENICH

Prevention is the Key: Heart Health and Gum Disease

It has long been understood that there is a connection between gum disease and heart disease. In June 2009, cardiologists and leading gum disease specialists published a consensus statement addressing the connection in both the *American Journal of Cardiology* and the *Journal of Periodontology*.

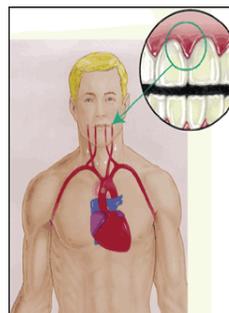
A common thread connecting these diseases is inflammation. Gum disease increases inflammation, and increased or chronic inflammation in the mouth may affect the rest of the body. When we experience inflammation, we release inflammatory by-products such as C-reactive proteins, which can be released throughout the entire body. Recent research suggests that people with elevated levels of C-reactive proteins are at an increased risk of stroke, diabetes, hypertension, kidney diseases and cardiovascular disease.

Although the exact link between

the diseases is not yet fully understood, several theories do exist. One theory states that the oral bacteria in the mouth can easily enter the bloodstream and affect the heart by attaching to plaque built up in the blood vessels and contributing to clot formation. There is also emerging evidence of this connection to strokes. Although the cause is not yet clear, the evidence is intriguing and investigation is ongoing. It is important to note that the plaque found in atherosclerosis, or "hardening of the arteries" is NOT the same as dental plaque that builds up on your teeth.

If you are at risk for heart disease, you should remember to do the obvious: maintain a healthy weight, exercise, eat well and control any conditions that put you at increased risk such as diabetes, high blood pressure or high cholesterol. People who currently have cardiovascular disease, should have their perio-

dental health monitored frequently through regular dental visits to evaluate for gum inflammation. Conversely, researchers have found that people with periodontal or "gum" disease are almost twice as likely to suffer from coronary artery disease as those without gum disease. The evidence shows that eliminating this potential risk factor can be beneficial. It is relatively easy to do. We are still learning the specifics of this connection but it is important to maintain a healthy mouth to maintain a healthy body.



THE PERIODONTAL HEALTH AND CARDIOVASCULAR HEALTH CONNECTION

A COMMON THREAD
CONNECTING THESE
DISEASES IS
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COMFORTABLE SETTING

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jody@hammerleedentalcare.com

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 the Academy of General Dentistry.

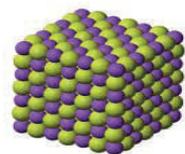


Q & A: What's the difference between fluoride in drinking water and fluoride in my toothpaste?

The American Dental Association has continuously endorsed the fluoridation of community water supplies and the use of fluoride-containing products as safe and effective measures for preventing tooth decay for over fifty years. Fluoride can protect teeth in two ways:

- 1) through direct contact with the teeth such as fluoride in toothpaste or mouth rinse
- 2) when delivered through a fluoridated water system (or with a prescription fluoride tablet if no water fluoridation is available) to children during the tooth forming years

Sodium fluoride and sodium monofluorophosphate are the most common type of fluorides found in tooth-



**SODIUM
FLUORIDE ION**

pastes, and it is usually concentrated to about 1,000 parts per million. Fluoride is used to enhance the strength of teeth by the formation of fluorapatite, a naturally occurring component of tooth enamel. This delivery method adds fluoride and strengthens the fully formed teeth that are in our mouths.

In the 1940's, studies began to follow the rate of decay of children in regions where fluoride naturally occurs in ground water. Due to the results, 2/3 of public water systems in the US are now fluoridated. Optimal fluoridation level is considered to be approximately one part fluoride per million parts water, and areas that have naturally occurring fluoride in the water can use reverse osmosis to reduce it to the recommended level. If no water fluoridation is available, a prescription fluoride supplement can be provided. This method incorporates fluoride into the

enamel of developing teeth in children resulting in stronger, more decay-resistant enamel.

Here at Hammerlee Dental Care, we recommend that children under 19, and adults at risk for decay, receive a minimum of one topical fluoride treatment per year, following a dental cleaning to assist them while they are in the decay-prone years. This treatment provides an excellent "uptake" of the fluoride to the tooth structure as there are no deposits on the teeth to inhibit the fluoride therapy immediately after the cleaning.

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: