



## News Updates

### Inside this issue:

|                              |   |
|------------------------------|---|
| <i>Service Spotlight</i>     | 2 |
| <i>Children's Dental</i>     | 2 |
| <i>Feature Patient</i>       | 2 |
| <i>Did You Know ...</i>      | 3 |
| <i>Prevention is the Key</i> | 3 |
| <i>Q &amp; A</i>             | 4 |

The Hammerlee Dental Care team is now certified in Invisalign orthodontics. Our hygienist, Linda, is currently underway with her Invisalign and you can follow her progression on our office's Facebook page or when you're in our office. Feel free to ask her about her experience and she can show you how it works. You can read more about this revolutionary treatment on page 2 as well.

Our office did a fantastic offer through Groupon.com in May. We offered an exam, full series of x-rays, take home whitening and an oral care kit for only \$40. We had 68 people take advantage of this spectacular

deal. If you missed out on it, we have the prescription strength take-home whitening available here for \$55.

As always, Dr. Bill and the staff are keeping up with continuing education and recently attended courses on oral piercings, radiation safety and OSHA updates. Amazingly, Dr. Bill and Linda were winners of incredible prizes at the courses. Dr. Bill won a "saddle chair" which will help his lower back and posture in the operatory. Linda won a one year subscription to Lexi-Comp, an online an industry-leading provider of drug information and clinical content for the health-care industry.



*The Hammerlee Dental Care Team*

If you watch Wellsville on Fox-66 on Saturday mornings at 8am, you may recognize a familiar face on occasion! Linda, and her son, have been filming spots for the show since February and will be appearing in many episodes throughout this season. We applaud Kathy Iorio and Wellsville for encouraging healthy and active lives through all that they do for our community.

### 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

## We are proud to sponsor ...

... several upcoming motorcycle runs and events! Hammerlee Dental Care is sponsoring:

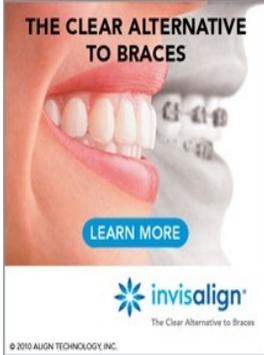
The EBAC Bike Run on June 11th from benefiting the John Kanzius Cancer Research Foundation. It starts at Harley Davidson of Erie at 10am.

On June 25th, we are sponsoring the 4th Annual Michael D. Crotty Emergency Services Ride in honor of the 5th generation fireman who lost his life tragically in April 2008. This ride begins at the Lawrence Park Fire Dept. at noon. Once again we are a company

sponsor of Roar on the Shore being held July 14, 15 & 16 this year. Every year over 50,000 motorcycles participate and this year's beneficiary is the Flight 93 National Memorial.

Dr. Bill and Stacie will do their best to participate in all three!

## Service Spotlight: Invisalign



*Invisalign ...  
Comfort & convenience to  
achieve a confident and  
beautiful smile.*

Invisalign takes a modern approach to straightening teeth, using a custom-made series of aligners for you and only you. These aligner trays are made of smooth, comfortable and virtually invisible plastic that you simply wear over your teeth. Wearing the aligners will gradually and gently shift your teeth into place, based on the exact movements Dr. Hammerlee and the Invisalign experts plan out for you. There are no metal brackets to attach

and no wires to tighten. You simply pop in a new set of aligners approximately every two weeks, until your treatment is complete and you achieve the confident smile that you've always wanted. The best part about the whole process is that most people won't even know that your straightening your teeth.

Dr. Hammerlee will take x-rays, pictures and impressions of your teeth, which Invisalign

will use to create a 3D image of them. Dr. Hammerlee will map out a precise treatment plan, including the exact movements of your teeth.

You will begin wearing a new set of aligners every 14 days that will gradually begin to shift your teeth into place. Dr. Hammerlee will monitor your progress about every six weeks. The average case takes about one year to complete, however, every case is different.

## Children's Dental Health: Braces-friendly habits

**Brace wires, cementation bonds and attached brackets can bend, break or fall off when care is not exercised in the choice of foods and snacks.**

Orthodontic treatment is an important investment in the future. There are foods that can loosen, break or bend wires and bands when you are wearing braces.

Avoid hard foods such as nuts and hard cookies. Foods such as apples and carrots should be chopped into small pieces be-

fore eating to reduce the stress on your braces. Avoid sticky foods such as caramels, toffees, muesli or fruit bars. No chewing gum. No chewing ice.

Habits such as nail biting, unnatural tongue thrusting, pencil chewing and nervous picking at your wires can also break braces. Be aware of these and

make an effort to stop them. Remember that damaged braces mean extra appointments, inconvenience and extended treatment time. If you do break your braces, be sure to make an appointment with your orthodontist immediately. Broken braces are not correcting your teeth and helping to achieve the best results.

## Feature Patient: Patty Muehl



*Patty Muehl*

Patty Muehl has lived in the Erie area all her life. She has worked for State Farm Insurance since the early 80's. You may find Patty anywhere from Pittsburgh to Cleveland on any given weekend enjoying her favorite sport of shopping, wining and dining. She spends a lot of time with her two sis-

ters in Pittsburgh and at the Lake House in Ohio .

Patty has been married to Larry for 18 years . They spend many evening hours working on their lawn and Patty spends relaxing hours with her flowers and vegetable garden. She is very proud of the large crop she

harvests every year as she would consider herself a city slicker at heart.

Patty's recent greatest accomplishment has been her dedication to step up healthy eating and exercise this year. You will find her at lunchtime wearing out the treadmills at LECOM Wellness center.

## Did You Know ...

... that four out of five of us are members of LECOM Medical Fitness and Wellness Center? (We are still trying to coax Renee to join!).

Our office has extended our lunch hour Monday through Wednesday to an hour and a half and we usually spend that time at LECOM. We extended our day by a half hour on those days.

Dr. Bill enjoys working out on the cross-trainers and weight

training and his favorite class is Spinning. He's working into Yoga, which he finds very helpful for his back and core.

Jody likes the elliptical and swimming and her favorite classes are Pilates, Yoga and Pi-Yo.

Linda's favorites are the Arc Trainers and she enjoys strength training. Her favorite class is Body Pump.

Stacie enjoys the cross-training elliptical and her favorite

classes are Zumba, Body Jam and water aerobics.

The entire office really loves the facility (especially the whirlpools!) and have enjoyed working toward improved health and fitness. We have found the fitness professionals there to be very helpful and encouraging. Everyone has a favorite healthy meal or snack, made by Chef Gary Starvaggi, at the delicious café. We are grateful that such a fantastic facility is only a block away from our office.



Stacie, Jody, Dr. Bill & Linda

## Prevention is the Key: Respiratory Health

Maintaining periodontal health may contribute to a healthy respiratory system, according to research published in the *Journal of Periodontology*. A new study suggests that periodontal disease may increase the risk for respiratory infections, such as chronic obstructive pulmonary disease (COPD) and pneumonia. These infections, which are caused when bacteria from the upper throat are inhaled into the lower respiratory tract, can be severely debilitating and are one of the leading causes of death in the U.S. The study included 200 participants between the ages of 20 and 60 with at least 20 natural teeth. Half of the participants were hospitalized patients with a respiratory disease such as pneumonia, COPD, or acute bronchitis, and the other half were healthy control subjects with no history of respiratory disease. Each participant underwent a comprehensive oral

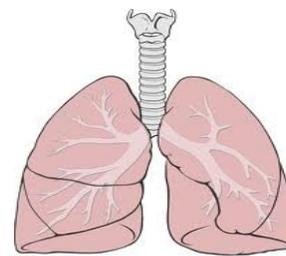
evaluation to measure periodontal health status. The study found that patients with respiratory diseases had worse periodontal health than the control group, suggesting a relationship between respiratory disease and periodontal disease. Researchers suspect that the presence of oral pathogens associated with periodontal disease may increase a patient's risk of developing or exacerbating respiratory disease. However, the study authors note that additional studies are needed to more conclusively understand this link. "Pulmonary diseases can be severely disabling and debilitating," says Donald S. Clem DDS, President of the American Academy of Periodontology. "By working with your dentist or periodontist, you may actually be able to prevent or diminish the progression of harmful diseases such as pneumonia or COPD. This study

provides yet another example of how periodontal health plays a role in keeping other systems of the body healthy." Periodontal disease is a chronic inflammatory disease that affects the gum tissue and other structures supporting the teeth. Previous research has associated gum disease with other chronic inflammatory diseases such as diabetes, cardiovascular disease, and rheumatoid arthritis. Dr. Clem stressed the importance of routine oral care in helping to prevent periodontal disease. "Taking good care of your periodontal health involves daily tooth brushing and flossing. You should also expect to get a comprehensive periodontal evaluation every year," he advised. A dental professional can conduct a comprehensive exam to assess your periodontal disease status.

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† Reference:  
<http://www.perio.org/consumer/healthy-lungs.htm>

**Maintaining healthy teeth and gums may reduce risk for pneumonia, chronic obstructive pulmonary disease.**



*Help maintain healthy lungs by having healthy gums*

## Hammerlee Dental Care

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excellence in a comfortable setting



*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.*



*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.*

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

## Q&A: Does your office provide WiFi?



*WiFi is here at  
Hammerlee Dental Care*

We sure do! The next time you're in the office, feel free to hop on our WiFi with your laptop, iPad, smart phone, DS or whatever wireless device you'd like to bring in!

This WiFi port (or "hot spot") is completely separate from our internal network that we use here in the office and Dr. Hammerlee has installed this for the convenience of our patients.

We use a firebox with a dynamic stateful packet firewall and VPN capabilities, which is secure and reliable. This WiFi port is password protected.

When you come into the office, you can search for our WiFi network named :

### **HammerleeDental**

Jody, or any of our staff, will give you the current password to access the network and you can feel free to join in. You'll be able to surf the net, check e-mail, play online games or even update your Facebook status conveniently while in our office.

We are constantly looking to improve your comfort and convenience when you are at our office and are proud to provide this service for our

patients. Please let us know if there are any other services or amenities that our office can provide to enhance your time with us. We greatly value your suggestions!

*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)*