

June 2, 2014

# Hammerlee Dental Care Newsletter



Hammerlee Dental Care



## 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

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## News Updates

Have you seen our new look yet? If not, stop in and check it out today! Our contractors had us put back together in record pace after our severe water damage in January when the subzero temperatures caused a burst pipe in our attic to run over a weekend. We took things a step further and recently updated the part of the office that wasn't damaged and we are so happy with our new décor. We hope you are too!

As always, our licensed dental professionals have been very busy with continuing education. All of our hygienists attended two days of lectures in March on various topics ranging

from local anesthesia to xylitol.

Our hygienists, Linda, Amy and Dana traveled to Williamsport, PA in April to attend the first ever Public Health Dental Hygiene Practitioner conference which was held at the Pennsylvania College of Technology. All three had a great weekend there that was both informative and full of fun. PCT just happens to be Amy & Dana's alma mater as well!

After years, yes years, in the making, our hygienist, Linda Straub-Bruce, is about to be a full-fledged author! The book "Dental Herbalism: Natural Therapies for the Mouth" that she co-authored is slated to be released by



**Amy Hart, RDH, BS, PHDHP and Dana Shaffer, RDH, BS, PHDHP**  
In Williamsport, PA

the publisher in July. Click [HERE](#) to view the catalog page and [HERE](#) to follow the excitement on Facebook.

## Meet Our New Business Team Members!

We are thrilled to introduce you to two new team members!

Jennifer Oberley has been working as a dental insurance specialist since 2004. She has worked on both the dental insurance company side as well as the dental practice end. She has completed extensive course work in insurance coding, office administra-

tion and computer software and her outstanding skills in navigating insurance detail and patient financing is unmatched.

Alesha Walter has completed educational programs in clinical dentistry as well as dental office front



**Jennifer Oberley (left) and Alesha Walter (right)**

desk administration. She is exceptionally technologically savvy, which is crucial in a chartless, all-digital practice like Hammerlee Dental Care, and she has a in-depth knowledge of dentistry itself.

Hammerlee Dental Care, and she has a in-depth knowledge of dentistry itself.



## Service Spotlight: Local Anesthesia

Back in “the day”, it used to be called Novocaine. Although true Novocaine isn’t used anymore, local anesthetics are used every day here at Hammerlee Dental Care. Today we use anesthetics such as lidocaine, articaine and mepivacaine. Local anesthesia is used to induce the absence of sensation of a small part of the body, which allows dental procedures to be completed without pain or distress. The effect is reversible and how long

it lasts depends on the amount and type of anesthetic used, whether the anesthetic contains epinephrine or not, and the individual themselves.

There are two primary techniques our dentists and hygienists use to achieve anesthesia—a nerve block or an infiltration. The nerve block delivers the solution next to a major nerve or nerve branch, interrupting any signals from that point to the terminal end of the nerve. In other words, everything “down stream” from that area gets



The goal of local anesthesia is to cause absence of sensation

numb. These are more commonly administered in the bottom jaw. An infiltration is given in the direct area that is being worked on and the anesthetic diffuses into that area and numbs the terminal ends of the nerves in that area. Infiltrations are more commonly administered in the upper jaw.

It is always important to let us know of any health issues, prescriptions, over the counter medicines and herbal/natural products you are taking so we can choose the anesthetic that is best for you.

“50% of girls between the ages of 11 and 13 see themselves as overweight.”

## Children’s Dental Health: Adolescent Eating Disorders

Dentists are becoming the first line of defense when it comes to spotting eating disorders in young patients. Bad breath, sensitive teeth and tooth erosion are just a few of the signs that we use to determine whether a patient suffers from an eating disorder.

Although parents may not recognize that their children are anorexic or

bulimic, they are often still taking their child to a dentist on a regular schedule. Dentists who detect patients with eating disorders may recommend therapists and teach the patients how to minimize the effects of purging (a clear indicator of bulimia) and to help the child work through these conditions.

Statistics outline this difficult issue going on in the United States:

- ◆ Anorexia is the third most common chronic illness among adolescents.
- ◆ 50% of girls between the ages of 11 and 13 see themselves as overweight.
- ◆ According to *Time* magazine, 80% of all children have been on a diet by the time they’ve reached fourth grade.
- ◆ 86% of people with eating disorders report onset of an eating disorder by age 20.

## Feature Patients: John and Kevin Ann Smith

John and Kevin Ann Smith were inspired to begin their work in Suriname, South America in 1995 after a man named Daniel Schoen spoke at their church. John ultimately quit his job as a technician at community Chevrolet in Meadville and he and his wife began what now has been a near 20 year adventure working with a Christian company.

In 2013, Noewahe, chief of the Wajana

Indians of Suriname sent out a request for help and John was part of a team that answered the call. He went for 3 weeks and then called Kevin Ann and told her to quit her job, as they were going back for 3 months.

John and Kevin Ann are generous of spirit, time and tireless efforts. They balance their time between their local youth ministry and their Suriname ministries assisting with equipment,

technology and Christian work



Kevin Ann & John Smith

ethics. John and Kevin Ann state that “we have a lot of help in both places and most of all we know God causes all things to work together for good to those who love Him, and are called according to His purpose. Romans 8:28.”



## Did You Know ...

... that our hygienist, Deena, has been a dancer for 28 years?

She was originally trained by Marge Long, but has taken classes from several master instructors including Marcus Alford and Nan Giordano.

Deena is exceptionally talented and has trained in ballet, pointe, jazz, tap, hip hop, modern lyrical acrobatics and aerial arts.

Her skills have led her to do some exciting things! In 2001, she placed first in the prestigious Hawaii International Dance Competition. She has

spent summers performing at Disney World and truly loved it. Deena is also a former NFL cheerleader. She was a "Buffalo Jill" cheering for the Buffalo Bills.

Ballet is Deena's first love, but everyone loves to see her perform hip hop.

She currently shares her passion as a dance instructor at Little Dance Studio here in Erie. You can see Deena in a live performance at her big annual recital is coming up on June 7 at the Warner Theater. She has choreographed three pieces in the perform-



Deena ballerina

ance and she will be performing as well. Break a leg Deena!

## Prevention is the Key: Rheumatoid Arthritis Patients May Have Higher Risk for Gum Disease

A small study suggests that gum disease is four times more common among people with rheumatoid arthritis than healthy people, and it also appears to be more severe.

Researchers compared 91 adults with the condition to 93 similar healthy people. All were nonsmokers (smoking boosts the risk of rheumatoid arthritis), and none



Rheumatoid Arthritis is sometimes referred to as "RA"

had been treated with arthritis drugs known as disease-modifying

The participants answered questions about the condition of their gums. They also underwent examinations, and their bodies were measured for signs of inflammation.

About two-thirds of those with rheumatoid arthritis showed signs of gum disease, compared to 28 percent of the healthy people.

"[Gum disease] is more common and severe in rheumatoid arthritis patients than in healthy controls ... and could be a potential environmental trigger in the [development] and also in the maintenance of systemic inflammation in [the disease]," the study authors wrote.

The study appears online in the journal *Annals of the Rheumatic*

### *Diseases.*

Although the study found an association between rheumatoid arthritis and the prevalence of gum disease, it did not prove a cause-and-effect relationship.

More information:

For more about [rheumatoid arthritis](#), try the U.S. National Library of Medicine.

– Randy Dotinga

SOURCE: *Annals of the Rheumatic Diseases*, press release, Aug. 8, 2012 †

† "Rheumatoid Arthritis Patients May Have Higher Risk for Gum Disease", Dotinga, R., Health.com, <http://news.health.com/2012/08/09/rheumatoid-arthritis-patients-may-have-higher-risk-for-gum-disease/>, Accessed April 8, 2014.

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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. William D. Hammerlee and  
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:  
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*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*

## Q & A: What is that program you run on the tv in the reception room?

It's called "Digital Clinic" and we love it! Digital Clinic's engaging program is a mix of news, weather, trivia that also provides dental health education. It also highlights our services plus helps you get to know our amazing doctors and superior staff. Vivid videos embedded in the program inform you on topics such as hygiene, cosmetic enhancements and the latest dental advancements – all in fun fashion.

Our program is personally customized to our office—who we are, what we do and what we're all about. We have our staff photos and bios on the program as well as fun staff trivia peppered throughout the presentation. Seasonal trivia and information appears

as well.

You'll notice the "split screen" program has a live feed on the left panel. This keeps you updated, in real time, on local weather, national news and sports as well. Our Hammerlee Dental Care Facebook page shows up with a live feed here as well! Check in the next time you're here and see your posts pop right up on the screen!

Here at Hammerlee Dental Care, we know your time is very valuable. We try to keep wait times to a minimum, but if you find yourself relaxing in our



The Hammerlee Dental Care Digital Clinic Program

newly renovated reception room, ditch the magazines and enjoy our educational and entertaining show!

*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)*