

Hammerlee Dental Care Newsletter

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Hammerlee Dental Care



News Updates

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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Our team has been busy as always! In March, our hygienists, Linda and Dana, traveled to Harrisburg for 3 days for the Pennsylvania Dental Hygienists' Association Board of Trustees meeting. Dana did a great job leading the meeting as the current PDHA President

Our team has undergone their annual compliance training sessions for OSHA, HIPAA, DEP, DOT and more (whew!). Additionally, most of the team attended sessions at the NWPDHA Spring CE event held in Meadville in April. Our hygienist, Linda, was one of the course lecturers as well.

Drs. Bill and Adam attended the PAGD PEAK Spring

Session at Bedford Springs in April. This continuing education takes Dr. Bill one step closer to obtaining his Masters in the Academy of General Dentistry (MAGD).

Part of our team attended a very interesting course put on by local Periodontist, Dr. Randall Valentine at the Kahkwa Club in May.

In early June, most of our staff attended courses held by Dr. Stephen Iszkula on new concepts in orthodontics. Dr. Iszkula and his team put on a great and informative event!

Have you seen the new mobile version of our website? Check it out on your device by clicking [HERE](#). We recently launched this mobile



version to give you a more user-friendly experience when navigating our site on your mobile device.

As always, Hammerlee Dental Care is proud to be a part of many charitable events. Over the last couple of months we have donated Auction Baskets for the American Heart Association 2015 Heart Ball; Shriner's Hospital; the Mercy Center for Women Purse & Pearl Luncheon and the Erie Philharmonic Choir's Cocktails at Sunset event. We also provided oral care items for Better Housing Erie's "Smiles Day" as well.

Update on Jennifer

As many of you know, our Business Manager, Jennifer had surgery on June 15th. Jennifer was recently diagnosed with kidney cancer and had her left kidney removed. The surgery was a success and Jennifer is grateful that her case will not require any chemotherapy or radiation treat-

ments. She has had some bumps in the road with her recovery, but is slowly improving. We are unsure when Jen will be able to return to the office but the whole team misses her very much! Jennifer is very thankful for all of the thoughts, prayers and good will our patients have

sent her!

Jen and "Kiki" right before her surgery



Service Spotlight: Tooth Whitening

If you are looking to dramatically enhance your smile, professional teeth whitening may be the choice for you! Discoloration of teeth can have many causes and Dr. Hammerlee can evaluate your individual case to determine if you are a good candidate for whiten-

Whitening is an easy, inexpensive and effective way to enhance your smile.



ing.

The procedure is simple. We take impressions of your teeth and custom-fitted trays will be created for you. Once your trays are fabricated, we instruct you how to apply the whitening gel and place the tray for you to wear for the treatment.

There are various whitening systems available on the market today, and our research and experience with them has led us to conclude that this system provides the best overall whitening results. It is safe, effective and convenient. Our system has the great

advantage of allowing the patient to whiten their teeth at their own pace. This is especially important for those with sensitive teeth.

Whitening your teeth can provide you with many benefits. Not only will your teeth look better, but many people find that their oral hygiene improves. A bright smile can provide you with confidence, increased self-esteem and self-image. It can also minimize the visibility of imperfections and take years off of your appearance.

The results of whitening are long-

Children’s Dental Health: Soft Drinks & Tooth Decay

“ACIDITY IN ALL SOFT DRINKS, AND EVEN SPOTS OR ENERGY DRINKS, IS ENOUGH TO DAMAGE TEETH AND CAUSE CAVITIES.”

Soft drink consumption by school age children in the United States has increased dramatically over all demographic groups. When teeth are exposed to sugary drinks over time, they can break down the hard enamel that protects your teeth, even with proper oral

hygiene. Tooth decay is caused from the tiny bacteria thriving around teeth that produce acid when exposed to sugar. The acid causes tooth structures to soften and decay. Sugary drinks aren’t the only culprit. Contrary to popular belief, diet drinks can be just as harmful to teeth due to their high level of acidity. The following chart outlines the pH level in many popular drinks. Battery acid carries a pH of 1.0, vinegar averages 2.4, while pure water has a pH of 7.0, at room temperature. Taking this into consid-

eration, it is best to avoid them and choose a healthy alternative such as milk, water or 100% juice.

What’s in Your Drink?		
Tap Water		pH = 7.670
Mug Root Beer	4.038	
Diet 7 Up	3.706	
Diet Mountain Dew	3.365	
Sprite	3.298	
Diet Coke	3.289	
Mountain Dew	3.229	
7 Up	3.202	
Diet Dr. Pepper	3.169	
Slice Orange	3.059	
Diet Pepsi	3.031	
Lemon Nestea	2.969	
Dr. Pepper	2.899	
Squirt	2.898	
Lemon Brisk	2.868	
Pepsi	2.530	
Coke	2.525	
Cherry Coke	2.522	
RC Cola	2.387	

pH is a measure of acidity, ranging from 0 to 14. A pH of 7 is neutral and represents the acidity of pure water at room temperature. A pH below 7 is acidic. Low pH can corrode tooth enamel. A pH above 7 is called alkaline or basic.

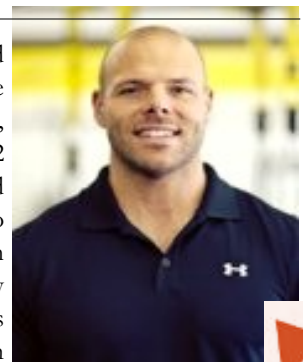
SOURCE: Jain, Nihit, Sobkowski, Agustín General Dentistry, March/April 2007 LiveScience graphic

Feature Patient: Matt Pribonic

Matt Pribonic is well known in Erie. Along with his brother, Anthony, he is the owner of iRock Fitness, Fitness U and Creative Learning Childcare. Matt has been in fitness his whole life. He lived in south Florida for 8 years where he worked at large corporate fitness clubs and ultimately returned to Erie to collaborate with his brother Anthony to open iRock Fitness in 2010. They recently purchased the

former Nautilus Fitness Center and has transformed the site to include both iRock and the new Fitness U. Matt loves to educate people on how to incorporate fitness into everyday life and you can see him on WSEE every other Friday doing a fitness segment. Matt is involved with many local charities and hosts an annual 5K to benefit Sara Reed Children’s Center (to be held August 23rd this year).

Matt, and his wife Deena, have 2 dogs and love to take them on daily walks through Scott Park.



Matt Pribonic



Did You Know ...

... that we've got a Hammerlee Dental Care Baby Boom going on?

Our Business Manager, Alesha, had her baby! Chase Daniel was born on Monday, March 30, 2015 at 3:57am, weighing in at 7 lbs. 14 oz. and was 19 3/4 inches long. Alesha had a smooth delivery and Chase is a happy, healthy (and very cute) baby!

Chase joins his big brother, Colton, who turned 2 on June 4th. Colton is really enjoying being a big brother and loves helping take care of Chase!

The whole Hammerlee Dental Care

team is grateful to have Alesha back after her maternity leave and love when Colton and Chase come to visit mom on the job!

We have *another* HDC baby on the way! Our hygienist, Deena, is expecting! Deena is due in late December (the last baby of 2015 or first baby of 2016 perhaps?!). She recently found out what gender her firstborn will be and is hosting a Gender Reveal bash in just a few days where guests will light colored sparklers to find out ... will they be pink? Or blue? We can't wait to find out!



Colton and Chase

Prevention is the Key: Sugarless Gum

Chewing gum has undergone some major changes in recent years, and it is widely agreed that chewing sugarless gum can provide you with many benefits. In fact, Extra®, Orbit® and Eclipse® brands were the first chewing gums to receive the prized American Dental Association's Seal of Acceptance in 2007. Twenty years of research proved that these products help to fight cavities, strengthen teeth and reduce harmful plaque acids.

Several brands on the market now include special types of calcium that actually help tooth enamel. For example, Trident Xtra Care™ has a unique formula called Recaldent® that remineralizes tooth enamel and leaves teeth more resistant to plaque acids. Recaldent's® casein complex remains for up to 3 hours after chewing.†

Most sugarless gums are sweetened with a naturally derived sweetener called Xylitol. Unlike sugar, Xylitol is not broken down by plaque bacteria, so it can keep a neutral pH balance in the mouth. Studies worldwide have shown that chewing gum with Xylitol

can actually decrease the incidence of cavities, primarily due to its ability to inhibit bacteria found in plaque.

Wrigley's Eclipse® contains magnolia bark extract, or MBE. MBE has its roots in traditional Chinese medicine for its germ-killing benefits. In lab tests, MBE killed three kinds of oral bacteria—two responsible for bad breath and one that causes cavities. Eclipse® gum and mints are the first products in the US to utilize MBE.‡

Trident White® is another cutting edge product that uses surfactant technology to break up extrinsic stains, such as food, wine, coffee, tea and tobacco, for whiter teeth. A double blind clinical study showed significant reduction of extrinsic tooth stain in as little as four weeks. This gum penetrates these exterior stains, breaks them up and pulls them off of the tooth surface so that they can be washed away with the saliva. It also prevents new stains from forming.††

Chewing sugarless gum helps neutralize an acidic environment found in the

mouth after most meals. Reducing the acidity in the mouth reduces the risk of dental decay.

Additionally, sugarless gum helps stimulate salivary flow.

This can be especially helpful for patients that experience dry mouth. Many medications can cause dry mouth such as antihistamines, blood pressure medications and anti-depressants.

Chewing gum comes in many flavors, tastes great, freshens your breath, and there can also be many additional benefits for you.

† Source: <http://www.tridentoralcare.com/#!/advancements/trident-xtra-care/>

‡ Source: <http://www.wrigley.com/global/brands/eclipse.aspx>

†† Source: <http://www.tridentoralcare.com/#!/advancements/trident-white/>

"CHEWING GUM COMES IN MANY FLAVORS, TASTES GREAT, FRESHENS YOUR BREATH AND THERE CAN ALSO BE MANY ADDITIONAL BENEFITS FOR YOU"



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Dr. William D. Hammerlee and Dr. Adam J. Hammerlee



excellence in a comfortable setting

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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.

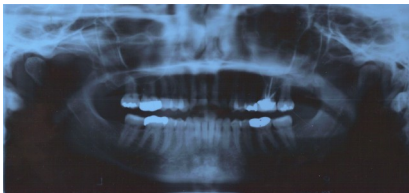
Dr. Adam Hammerlee grew up in Erie and is also a graduate of Asbury College in Wilmore, Kentucky and The University of Pittsburgh School of Dental Medicine in Pittsburgh, PA. He is a member of the American Dental Association, the Pennsylvania Dental Association, the Erie County Dental Association, and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

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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 qualified health provider with any questions you may have.

Q & A: I had a "panoramic" x-ray last time I was at your office. What was that one for?

Radiographs, also called x-rays, are a vital diagnostic tool for Dr. Hammerlee. There are several types of x-rays and the one you referred to is called a panorex or panoramic. This type gives a thorough overview of the oral cavity and its supporting structures. We are able to evaluate the teeth, jawbone, sinuses, temporomandibular joints and the hard and soft tissues of



The panoramic radiograph provides a thorough overview that is a vital diagnostic tool.

the head and neck with this x-ray.

The panorex primarily helps Dr. Hammerlee find things like abscesses, cysts and other pathologies, large or deep areas of decay, as well as gum disease and bone loss. Additionally, it helps us evaluate for treatments such as dental implants, orthodontics, full and partial dentures, impacted teeth [especially wisdom teeth] and gum disease treatments. It is also important to assist in identifying problems after a trauma to the face or teeth, such as fractures.

The panorex radiograph has a wonderful advantage ... it is easy! The panorex moves around the outside of the head, while the patient bites on a

small block with their front teeth. Although it is not as precise or detailed as the small x-rays taken inside the mouth, it is crucial for a broad overview.

Our panoramic machine is exceptionally high-tech and very sensitive which translates to a very low amount of radiation required to obtain an image. Dr. Hammerlee typically recommends that most patients have this radiograph taken approximately every 5 years to detect problems that other x-rays cannot.

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