



Hammerlee Dental Care Newsletter

www.hammerleedentalcare.com

Volume 1, Issue 3

Oral-B Professional Care Smart Series 5000

Last fall, Hammerlee Dental Care made the Oral-B Professional Care Smart Series 5000 available for purchase through our office. The response from our patients has been tremendous! The patients who have experienced this brush have felt the superior cleaning power that it provides over a manual tooth-brush.

Although rich in technology and features, this brush is very easy to use.



*Oral-B Professional Care
Smart Series 5000*

Features include:

- ◆ Oscillating-rotating technology pulsates to loosen plaque
- ◆ Wireless SmartGuide® provides guidance to help brush thoroughly and for the recommended time
- ◆ Pressure indicator lights up when brushing too hard
- ◆ Signals when you're 10 days away from needing a brush replacement
- ◆ Five different brushing modes: clean, massage, polish, sensitive and deep clean
- ◆ Charge level display
- ◆ Rechargeable, no need to replace batteries
- ◆ 60 Day full refund guarantee

We are able to provide this brush to our patients at an excellent price:

\$159.99 - suggested retail price

\$100.00 - our price

- \$15.00 - less mail in rebate available online

- \$10.00 - less additional mail in refund

*\$75.00—final cost after rebates

*Rebates available on:
www.oralb.com — see their website for details expiration

While supplies last, the brush comes with a free canvas tote bag, a free family sized Crest Pro-Health toothpaste and free 250 ml Crest Pro-Health Mouthrinse.



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On Our Website

You Can:

- Check your scheduled appointments or request an appointment
- Complete necessary forms
- Refer a friend
- Learn about our services, staff and office
- Access a wealth of dental health information
- Provide valuable feedback through patient surveys
- Contact us

News Updates



Our hygienists, Linda and Stacie, have completed their local anesthesia training at the University of Pittsburgh School of Dental Medicine. They were among the first hy-

gienists in the state of Pennsylvania to be licensed in local anesthesia administration.

Hammerlee Dental Care recently visited South Hills Child Development Center in Millcreek to provide dental health presentations for approximately 150 pre-school and kindergarten children. The children were exceptionally enthusiastic about their presentations and Dr. Hammerlee and our staff enjoyed their visit with them tremendously.

Service Spotlight: Endodontic or “Root Canal” Treatment

Each tooth has a pulp in its core that provides a blood supply, nutrients and nerve fibers to that tooth. The pulp tissue can die when it is diseased or injured. If that dead or dying pulp is not removed, your tooth can get infected which sometimes causes an abscess. An abscess is a pus pocket that forms at the end of the tooth, at the root tip, in the jawbone. An abscess can cause damage to the jawbone in the surrounding area. Endodontic treatment, commonly referred to as root canal treatment, can save that tooth.

During a root canal, the dentist makes an opening in the top of the tooth, re-

moves the pulp and cleans the canal. The canal may be treated with medications to kill germs in it and fight infection. The empty canal is then filled with a special material called gutta percha that seals it off to protect it. Dr. Hammerlee may or may not prescribe an antibiotic for you depending on your individual circumstance. Once the endodontic therapy is completed, a

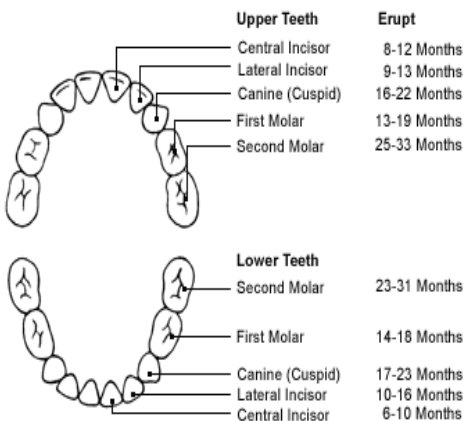
crown is usually then placed over the tooth to strengthen the tooth and rebuild the tooth’s integrity. This procedure completes the restoration process. Good oral hygiene is still essential for a tooth that has undergone root canal therapy due to the fact that it still has the ability to decay.

Most of the time, a root canal is a relatively simple procedure with little or no discomfort involving one or possibly two visits. Best of all, it can save your tooth and your smile!



Root canal procedure: unhealthy or injured tooth, drilling and cleaning, filing with endofile, rubber filling

Children’s Dental Health: Baby Tooth Eruption



Baby teeth usually begin to erupt [appear in the mouth] around 6 months of age and continue until all 20 baby teeth are in at about 2 years of age. These are general guidelines, as teeth come in at different times for different kids.

Baby teeth, also called primary or deciduous teeth, actually begin to form at the sixth week of pregnancy. They include central and lateral incisors, canines and 1st and 2nd molars—one set of each type in each quadrant. Baby

The process of shedding deciduous teeth and the replacement by permanent teeth is called exfoliation. This may last from age six to age twelve.

teeth become loose when erupting permanent teeth push on their roots causing them to dissolve, which usually happens around the age six.

Feature Patient: Renee Lawrence

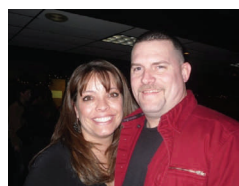
Renee Lawrence was born and raised in Summit Township and is a graduate of Fort Le Boeuf High School. She works at Hamot Medical Center as an Assistant for two Trauma/General Surgeons.

Renee is very active in our local community and serves on the South Erie Women’s Auxiliary. An avid motorcycle rider, she is also the President of EBAC (Erie Bikers Against Cancer). Renee

has been instrumental in the planning of the EBAC Motorcycle Run for The Kanzius Cancer Research Foundation which will be held on June 5, 2010.

She and her husband, Jerry, have been married for 24 years and were high school sweethearts. They have two daughters, Tiffany and Heather, and their granddaughter Ava is two years old. Her favorite things are riding mo-

torcycles, playing with her beautiful



granddaughter, watching Tiffany cheer for McDowell and spending time with her family.

Renee and Jerry Lawrence Look for Renee June 5th at the cancer run!

Did You Know ...

... our dental assistant, Renee, is a fan of the Cleveland Indians? She became a fan of the Indians in 1994 when her friend, Dave, took her to her first game in Cleveland at Progressive Field. Renee has been a fan of the team ever since.

Renee has also traveled to Toronto, Ontario to see the Blue Jays play on their home turf and she has also been in Pittsburgh to watch the Pirates play at home.



Some of Renee's favorite players that have played for the Central Division American League's Cleveland Indians include:

- ◇ Manny Ramirez,
- ◇ Jim Thome,
- ◇ Omar Vizquel,
- ◇ CC Sabathia who is now pitching for the New York Yankees.

Although Renee greatly enjoys major league baseball, she is always up to see our local Erie Seawolves in action.

Renee hopes to see the Cleveland Indians play often this season and plans on attending as many Erie Seawolves games as possible. Look for her at Progressive Field and Jerry Uht Park!



*Renee D'Amico
Dental Assistant*

Prevention is the Key: Diabetes and Oral Health

Currently 15.7 million Americans are currently living with diabetes and there is a significant connection between the condition and oral health.

Diabetes is a condition in which a person has a high level of blood sugar due to the body 1) not producing enough insulin, or 2) not responding properly to the insulin that is produced. The body's lower resistance to infection and a slower healing process are some of the health problems that may result from diabetes. Other dental problems associated with diabetes include:

- ◆ Periodontal (gum) disease: patients with inadequate blood sugar control appear to develop periodontal disease more often and more severely, and they lose more teeth than persons who have good control of their diabetes. Because of lowered resistance and a longer healing process, periodontal diseases often appear to be more frequent and more severe among persons with diabetes.
- ◆ Tooth decay: Uncontrolled diabetes leads to high glucose levels in the saliva and that in turn allows the

bacteria found in the mouth to thrive.

- ◆ Decreased salivary flow: constant dryness irritates the soft tissues in the mouth, often making them inflamed and painful. This condition greatly increases the risk of tooth decay and periodontal diseases.
- ◆ Fungal infections: good oral hygiene is critical to avoid them.
- ◆ Impaired taste: some diabetics report that their taste for sweets is diminished which may influence their food choices in favor of sweeter tasting foods with highly refined carbohydrate content.
- ◆ Inflammatory skin diseases such as lichen planus and lichenoid reactions: It is always important to keep your dental office up to date on the status of your diabetes and the medications that you are taking.

Diabetics can do many things to help prevent oral health care problems. Daily brushing and flossing and regular dental check-ups are the best defense against oral complications of diabetes.

Practice good oral hygiene at home, follow your physician's dietary and medication instructions and schedule regular check-ups to maintain good oral health.

Controlling the diabetes itself is essential and good glucose control is the key. Additionally, following a healthy dietary plan that you have worked out with your doctor or dietician can also help tremendously. Be active for a minimum of 30 minutes per day. Take your medications as directed and check your blood glucose levels daily. Keep your blood pressure and cholesterol within healthy limits and abstain from tobacco use.



*Diabetes
has a strong
connection to
oral health*

Be on the lookout for any problems and contact us at the first sign. Together we can keep your smile healthy for a lifetime.

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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: When my teenage daughter was in for her last appointment, you used a type of laser to check for cavities. What was that?

That would be called our DIAGNOdent! When it comes to detecting cavities, it is essential to find and treat them as soon as possible to preserve the greatest amount of tooth structure. This cutting edge tool helps assist us with accurate detection of very small lesions when they are in their earliest stages.

The DIAGNOdent uses laser diode technology that reflects fluorescent light which is measured and evaluated by the unit to produce a numerical reading for us. Strong, healthy tooth structure will give us a very low reading if any at all. Decayed tooth structure will reflect less and “absorb” this light with it’s soft structure resulting in a higher reading on the machine. This assists us in identifying weak or decayed tooth structure, precisely locating even the tiniest bit of decay. This is especially crucial in the tiny anatomical grooves, fissures and pits that we all

have. Because the DIAGNOdent evaluates only tooth structure, we are unable to use it to detect decay forming around or under old fillings, crowns, or bridges.

The procedure is very comfortable. We take a baseline reading on visibly healthy tooth structure to calibrate the unit to your particular enamel structure. Then, we simply and gently shine the light across the tooth structures and into any suspect areas. That’s it!

All of this translates into smaller, shallower, simpler fillings to arrest the decay before it progresses and compromises the integrity of the tooth. Often this provides us with the benefit of completing treatment of such small areas without the use of “Novocaine”. Gone are the days of waiting until decay had settled into the tooth which required a larger filling and loss of more tooth structure. Often we may see a

“borderline” reading on the unit which helps us identify and monitor weak areas of tooth structure that are not necessarily ready for treatment.



DIAGNOdent diagnostic aid

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