



# Hammerlee Dental Care Newsletter



Volume 2, Issue 11

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## News Updates

What's new since our last newsletter? A lot!

Our office donated many gift baskets during the holiday season for several charitable causes. Our baskets were huge hits at auctions at the Festival of Trees and St. George School.

The Hammerlee Dental Care team closed out 2014 with a super fun 6 hour Christmas party that included a ghost tour, a great dinner and fun games at Union Station.

Our hygienist, Linda, gave a lecture to dental hygiene students at Fortis Institute in December.

Part of our team did a Cocktails & Colors event in January and had a blast! We painted a fun and festive snowman for our event.

The Hammerlee Dental

Care team was out in full force for the 17th Annual Souper Bowl benefiting Sarah Reed's Children Center.

Two of our hygienists, Dana and Linda, participated with hygienists across the state in a first-ever event for their state professional organization. As President of the PDHA, Dana led a virtual Board of Trustee's meeting through exciting new technology.

In February, Dr. Bill graciously took our staff to the Erie County Dental Association's Staff Appreciation night at Junior's Last Laugh. The HDC staff sends a big thank you to Dr. Bill for the night out, great food and lots of laughs!

Our hygienist, Deena, was featured in a great article about bachelorette parties that appeared in Lake Erie

Lifestyle Magazine. Click [here](#) to check out the fun article and great picture! HDC would also like to congratulate Deena, her husband Matt Pribonic, and all of the Pribonic family on their purchase of Nautilus Fitness Center!

Our receptionist, Alesha, was featured in the Erie Times News Career Corner in February. Click [here](#) to check out this wonderful article.

Hammerlee Dental Care was proud to enter two teams into the 13th Annual Hometown Heroes Bowling Tournament benefitting the Erie VA Medical Center. Our business manager, Jennifer, is a Navy Veteran and we are all so very grateful to her for her service to our country. Dr. Bill was the top HDC bowler and a great time was had by all.



**The Hammerlee Dental Care Hometown Heroes Bowling Teams**

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## Comprehensive Dental Group LLC

Who is Comprehensive Dental Group LLC? We are!

Our office has experienced exponential growth lately, especially in the past year. It became the best business decision for us to form an LLC and no longer operate as a sole proprie-

torship.

You may see our LLC name on your insurance Explanation of Benefit forms, on billing statements or other correspondence.

Other than that, you will not notice any other change. We are still doing

business as Hammerlee Dental Care and Dr. Bill and our friendly staff are here for you as always.

We are grateful to our patients for choosing our office for their dental needs and the growth we have experienced.

## 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

## Service Spotlight: Digital X-Rays



**Digital x-ray sensor**

Digital x-ray imaging uses digital sensors instead of traditional photographic film. This exciting technology has many advantages:

*Faster* — the images appear immediately on our computers,

*Clearer* — the images are sharp, crisp and accurate. We can also enhance the images in a variety of ways to improve viewing. They are not as susceptible to marks from the development process of traditional film.

*Safer* — digital x-rays require

between 75% - 90% less radiation than traditional x-rays to obtain an image. This is an extraordinary benefit of the technology,

*Cleaner* — they do not require development like traditional films. This lets us avoid use of the chemicals required for processing, which makes the office safer and healthier, especially for the staff,

*Easier* — the x-ray sensor is shaped as such that most

patients find the sensor far more

comfortable than the traditional rigid films.

Additionally, the images are stored electronically on our computers as a digital file. That allows us to send x-rays for insurance claims or referrals to specialists with a few clicks of the mouse. The images do not degrade over time and can be retrieved easily in the future.

Our conversion to digital x-rays at our office has been an enormous benefit for all.

**“The app features detailed instructions and diagrams as well as a timer that counts those two minutes down. “**

## Children's Dental Health: StarTeeth

Looking for a fun app to help your child be inspired to brush his or her teeth? Check out StarTeeth!

This fun and simple app is fantastic and encourages your child to brush their teeth. This app features a selection of cute and seasonal characters to keep it fresh for your little one.

The app's characters take kids through a 2-minute teeth brushing routine with

the character assisting your child by performing different actions to demonstrate proper brushing technique.

The app features detailed instructions and diagrams as well as a timer that counts those two minutes down. Your child will get to choose their brushing "mate" or character and some of the choices include boys, girls, animals,

superheroes and those fun holiday-themed characters. Each of the characters have a toothbrush that fits their name. For example, the cat has a fishbone-handled toothbrush. Kids even get to vote for future mates to be featured in the app.

Technology can be useful and fun and help encourage your child with their oral hygiene routine.



**Robert Lafaro**

## Feature Patient: Robert Lafaro

Robert Lafaro is a Certified Insurance Counselor of the Mantsch-Lafaro Insurance Agency which specializes in Home, Auto, Business and Life Insurance.

Bob was hired in 1998 by Jack Mantsch who founded the agency in 1969. After Jack's passing, Bob purchased the agency in 2002.

Bob has served as an officer for the local Erie Insurance Coffee House organization, for 9 years, holding the position as president for 7 of those. He also served a 3 year term as the Erie Ins. Commercial Task Force Rep for NW PA for Erie's Commercial Ins commercial products.

In 2011 Bob and 3 other business owners started a

second organization, Support NWPA Business, which supports local businesses by running monthly networking meetings and putting on monthly Cash Mobs to support local businesses and encouraging consumers to support and buy local. Click [here](#) for the Agency website or [here](#) for Support NWPA.



## Did You Know . . .

... that our Business Manager, Alesha, is expecting?

Yep, we have news here at Hammerlee Dental Care that hasn't happened for a long time ... baby news!

Alesha is due on April 3rd, however we're all taking bets on when her big day will end up being.

Alesha is having a boy and he will be joining his big brother, Colton who is 19 months old.

Although no definitive name has been picked out,

there are a lot of potential names flying around. Feel free to post suggestions to Alesha on our Facebook page [here!](#)

Alesha has been feeling (and looking!) great. Really great. So great that every morning during our kickoff office meeting, Dr. Bill asks her when she's going to start complaining! (Time is running out Alesha, get those complaints going, for crying out loud, you're making the rest of us look bad.)

The Hammerlee Dental Care Doctors and staff are getting together in a couple of weeks to throw Alesha a baby "sprinkle". What's a sprinkle you say? It's a version of a baby "shower" for second-time moms. Like all of our events, we are sure to have a great time and are looking forward to celebrating Alesha and the new addition to our extended HDC family.

We wish Alesha a smooth, safe and quick delivery and will miss her while she is off on maternity leave.



**Colton and Alesha at Colton's first birthday party**

## Prevention is the Key: Less Is Often Best In Treating TMJ Disorders

- From the National Institute of Dental and Craniofacial Research

Temporomandibular joint and muscle disorders, commonly called "TMJ," are a group of painful conditions that affect the jaw joint and the muscles that control jaw movements. Injury plays a role in some TMJ problems, but for many people, symptoms seem to start without obvious reason. The good news is that for most people, pain in this area is not a signal of a serious problem. Generally, discomfort is occasional and temporary and will go away with little or no treatment. Even if symptoms persist, most patients still do not need aggressive types of treatment.

Scientists sponsored by the National Institute of Dental and Craniofacial Research (NIDCR) are looking for answers to what causes these disorders and how best to

treat them. Currently, there is little scientific evidence to show which treatments work and which don't.

What Can I Do? Until there is science based evidence to help health care providers make sound treatment decisions, NIDCR suggests the following:

Try simple self-care practices such as eating soft foods, using ice packs and avoiding extreme jaw movements, like wide yawning and gum chewing. Short-term use of over-the-counter or prescription pain medicines may also provide relief.

Avoid treatments that cause permanent changes in the bite or jaw. Such treatments include crown and bridge work to balance the bite, orthodontics to change the bite, grinding down teeth to bring the bite into balance (occlusal adjustment), and repositioning splints, which perma-

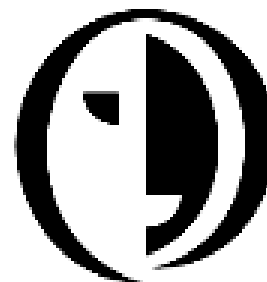
nently change the bite.

Avoid, where possible, surgical treatment for TMJ. There have been no long-term studies to test the safety and effectiveness of these procedures. Before considering any surgery on the jaw joint, it's important to get opinions from other doctors and to fully understand the risks.

Finding the Right Care: Because there is no certified specialty for TMJ disorders in either dentistry or medicine, finding the right care can be difficult. Look for a health care provider who understands musculoskeletal disorders (affecting muscle, bone and joints) and who is trained in treating pain conditions. Pain clinics in hospitals and universities are often a good source of advice.<sup>†</sup>

<sup>†</sup> Source: <http://www.nidcr.nih.gov/oralhealth/Topics/TMJ/LessIsBest.htm>; Accessed January 20, 2015.

**“Try simple self-care practices such as eating soft foods, using ice packs and avoiding extreme jaw movements, like wide yawning and gum chewing. “**



**National Institute of Dental and Craniofacial Research**



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**Crest Sensi-Stop strips**



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

**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.**

*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 qualified health provider with any questions you may have.*

## Q&A: **What are those strips that you have that help with sensitivity?**

Crest SENSI-STOP STRIPS are a breakthrough way to get tooth sensitivity relief. These thin, flexible strips that contain dipotassium oxalate desensitizing gel on one side.

The unique strip is designed to cover the outer gumline of your sensitive teeth for just 10 minutes, giving the special ingredient time to build a lasting barrier that helps relieve sensitivity pain by blocking tubules.

The strips target a specific area of your mouth that's suffering from tooth sensitivity. Sensitivity relief will vary by person, though many peo-

ple will start experiencing immediate relief after using one strip.

If you have more than one sensitive area, apply a strip to each area. While many people experience relief after using one strip, for additional relief, you may treat again, but allow one day between uses.

Many of our patients (and staff) have had tremendously great results with these strips. Some tooth sensitivity may be helped by Sensi-Stop strips, whereas other sensitivity can be a symptom of a problem that requires dental treatment. The best way to know

for sure is to come in and let us take a look at your area of sensitivity. Our professionals will advise you if Sensi-Stop strips are the best choice for your situation.

Crest Sensi-Stop strips are available over the counter, however we do have them for purchase here at Hammerlee Dental Care, for \$15 per six strip kit.

*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)*