

# HAMMERLEE DENTAL CARE NEWSLETTER

SEPTEMBER 2, 2014



## NEWS UPDATES

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### 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

It's been a REALLY busy few months for the Hammerlee Dental Care team! Dr. Adam got married in June and our hygienist, Deena, is preparing for her upcoming wedding this month.

Dr. Bill won the Utley & Iszkula Orthodontics Final Four contest in the spring and the whole staff was grateful for the fun meal out that came with his win!

Linda, our full time hygienist, gave a lecture to about 50 local Registered Dental Hygienists in June. Linda presented a course on the Oral Systemic Connection that was graciously hosted by Dr. Stephen Iszkula and the entire Utley & Iszkula Orthodontics staff.

We have added a new oral cancer screening technology. You can read more about the Identafi® on page 2.

Our hygienist, Dana, attended the American Dental Hygienists Association Annual Session in Las Vegas in July. She was part of the Pennsylvania delegation and is currently President-Elect of the PDHA. It was a lot of work, but she did squeeze in a Celine Dion concert!

In August, our hygienists Dana and Linda, attended the Pennsylvania Dental Hygienists Association Board of Trustee meeting in Harrisburg.

Our staff has grown to 13 now! We welcomed another assistant to our team this summer. Lisa Marsh brings 25 years of dental



Pennsylvania Dental Hygienists Association President Elect, Dana Shaffer, RDH, BS, PDHDP takes the floor to give her testimony at the House of Delegates at the ADHA

assisting experience to our office and looks forward to meeting you at your next appointment.

Our team sponsored the iRock Fitness 4th Annual 5K to benefit Sarah Reed Children's Center. Dr. Bill, Jen, Deena, Beth, Lisa, Alesha and Linda all came out for the event and a great time was had by all.

## "DENTAL HERBALISM: NATURAL THERAPIES FOR THE MOUTH"

Two years in the making, "Dental Herbalism: Natural Therapies for the Mouth" has been released! Co-authored by our hygienist, Linda, and Leslie Alexander, a Medical Herbalist, this unique book is like nothing else out there. It was released in the United States on June 30th, and went worldwide on

July 31st. The excitement has been incredible! Linda and Leslie have been very busy since the release doing a myriad of radio, phone and tv interviews, lectures, workshops and meetings. To learn more, visit [www.dentalherbalism.com](http://www.dentalherbalism.com) Hammerlee Dental Care gra-

ciously hosted a book launch party in August and we had a great night with about 150 people in attendance!



Linda & Leslie at the Book Launch party



**SERVICE SPOTLIGHT: ORAL CANCER SCREENING**

At Hammerlee Dental Care we seek to provide you access to the newest and most effective scientific screening and treatment. Recently the Identafi® system was introduced. This device greatly enhances our ability to find early signs of cancer and dysplasia in the mouth. Historically, our practice has used white light in examination for oral cancer. The use of narrow band violet light and green-amber reflected light helps us detect in the

oral tissue. Early detection of oral cancer is important to being able to provide early treatment and avoidance of the problems which arise from late stage detection of oral cancer. We encourage you to discuss with us your questions related to detection of oral cancer. The Oral Cancer Foundation advises that one American dies every hour from oral cancer. Late detection is the primary cause that both the incidence and mortality rates of oral

cancer continue to increase. As with most cancers, age is the primary risk factor for oral cancer. Tobacco and alcohol use are other major predisposing risk factors but more than 25% of oral cancer victims have no such lifestyle risk factors. Recently scientists have established a connection between HPV viral infection in the mouth and the occurrence of oral cancer. It is important for everyone to be screened for oral cancer once per year.



Identafi® Oral Cancer Screen-

**CHILDREN’S DENTAL HEALTH: FLOSSING WITH BRACES**

It used to be quite a chore to floss teeth with braces on. It involved threading floss through a floss threader and maneuvering it between the teeth and the archwire. The process probably isn’t something your child is excited to do every day, but excellent oral hygiene is crucial while orthodontic work is being done.

A revolutionary, yet simple,

tool has changed all of that! Here at Hammerlee Dental Care, we are supplying our orthodontic patients with a flosser called the Platypus, so they can floss quickly and easily and even on the go.

The Platypus consists of a y-shaped piece of plastic with a floss thread connecting the two points of the plastic holder. The one side is shaped like a Platypus bill,

similar to a spatula, which allows the product to slide under the archwire. At the opposite end of the flosser is a small brush that can be used to clean around brackets.

Many orthodontic patients (and their parents!) find this to be an easier way to floss during orthodontic treatment and the Platypus helps them maintain better oral health.

**Does your child have braces? If so, ask your hygienist about the Platypus flosser at your next visit with us.**

**FEATURE PATIENT: BEVERLY DICARLO**

A native of Erie, Beverly DiCarlo is an amazing member of our community. A teacher and business leader, she was also honored as the “Woman of the Year” at the Shillelagh Golf Tournament sponsored by the Dr. Gertrude A. Barber Foundation this summer.

Bev began “Race with Grammy” where she ran half-

marathons in all 50 states to raise awareness for autism. One of Bev’s grandchildren, Aidan, has been diagnosed with autism and Bev credits him for her inspiration. She competed her goal far in advance of original aspirations.

Bev finished her final state in October 2013 with a race in Iowa and has become an

advocate for autism awareness and raised more than \$40,000.00 for the Gertrude Barber Foundation. Bev’s great journey included traveling 115,000 miles, running 668 miles and 13 pairs of running shoes!

Bev and her husband, David, have 3 children and 5 grandchildren.



Bev DiCarlo and her grandson, and inspiration, Aidan



**DID YOU KNOW ...**

... that our hygienist, Linda, is a published author?

Linda teamed up with medical herbalist, Leslie Alexander, to write a book entitled "Dental Herbalism: Natural Therapies for the Mouth", published by Healing Arts Press, Rochester, VT.

Our oral health is intimately linked with our overall health and well-being. The book explores the anatomy of the

mouth, hygiene techniques, diseases and conditions that affect the mouth, the links between oral health, systemic inflammation and systemic health, and nutritional factors from pregnancy and childhood to our golden years.

In this practical guide to herbal dental care, Linda and Leslie detail how to use 41 safe and effective herbs for the mouth for optimum oral

health, prevention of decay and inflammation, and relief from pain and discomfort. They provide recipes for herbal toothpastes and rinses as well as poultices and tinctures for intervention, prevention and daily care.

To learn more, visit [www.dentalherbalism.com](http://www.dentalherbalism.com), "like" Dental Herbalism on facebook by clicking [here](#) and check the book out on [Amazon](#) or at [Inner Traditions](#).



"Dental Herbalism" authors Leslie Alexander, PhD, RH(AHG) [left], and Linda Straub-Bruce, RDH, BSEd, PHDHP [right]

**PREVENTION IS THE KEY: SENSITIVE TEETH**

Is the taste of ice cream or a sip of hot coffee sometimes a painful experience for you? Does brushing or flossing make you wince occasionally?

If so, you may have sensitive teeth. Possible causes include:

- Tooth decay (cavities)
- Fractured teeth
- Worn fillings
- Gum disease
- Worn tooth enamel
- Exposed tooth root

In healthy teeth, a layer of enamel protects the crowns of your teeth—the part above the gum line. Under the gum line a layer called cementum protects the tooth root. Underneath both the enamel and the cementum is dentin. Dentin is less dense than enamel and cementum and contains microscopic tubules (small hollow tubes or ca-

nals). When dentin loses its protective covering of enamel or cementum these tubules allow heat and cold or acidic or sticky foods to reach the nerves and cells inside the tooth. Dentin may also be exposed when gums recede. The result can be hypersensitivity.

Sensitive teeth can be treated. The type of treatment will depend on what is causing the sensitivity. Your dentist may suggest one of a variety of treatments:

**Desensitizing toothpaste.** This contains compounds that help block transmission of sensation from the tooth surface to the nerve, and usually requires several applications before the sensitivity is reduced.

**Fluoride gel.** An in-office technique which strengthens tooth enamel and reduces

the transmission of sensations.

**A crown, inlay or bonding.** These may be used to correct a flaw or decay that results in sensitivity.

**Surgical gum graft.** If gum tissue has been lost from the root, this will protect the root and reduce sensitivity.

**Root canal.** If sensitivity is severe and persistent and cannot be treated by other means, your dentist may recommend this treatment to eliminate the problem.

Proper oral hygiene is the key to preventing sensitive-tooth pain. Ask your dentist if you have any questions about your daily oral hygiene routine or concerns about tooth sensitivity.†

† Source: <http://www.mouthhealthy.org/en/az-topics/s/sensitive-teeth>, Accessed August 19, 2014

**"Sensitive teeth can be treated. The type of treatment will depend on what is causing the sensitivity."**



Exposed root surface due to gum recession caused by aggressive brushing.

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Facebook!

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**EXCELLENCE IN A  
COMFORTABLE SETTING**



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: [info@hammerleedentalcare.com](mailto:info@hammerleedentalcare.com)

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: MY SISTER-IN-LAW TOLD ME ABOUT A NEW GEL YOU GAVE HER THAT HELPED HEAL A CUT ON HER GUMS, WHAT IS IT?

That would be SockIt! Oral Wound Dressing, a revolutionary product that is like nothing else we've ever used. It is the first and only wound dressing specifically designed for oral use.

SockIt! is made from food ingredients, with no artificial components. It contains mannose polysaccharides from Aloe vera, xylitol and a tiny amount of essential oils of cinnamon, clove, and thyme. The fact that it is made of all-natural food ingredients makes it appropriate for use with all ages, and

it is safe to swallow. There are no known medical conditions, medications dietary supplements or foods that would preclude anyone from using SockIt!

SockIt! is soothing to oral tissues and acts as a natural analgesic, or pain reducer. It helps prevent infection in the area and the ingredients have been proven to optimize the healing process.

It can be used for nearly any tissue healing situation—be it teething, denture sores, after periodontal or dental proce-

dures or extractions, burns, cuts or ulcerations (such as "canker sores"). We apply the initial layer of gel here at the office, and give you the remainder in the application syringe for use at home. For optimal wound care and comfort, you apply it to the affected area at least 4 times per day until the syringe is empty.

You can purchase SockIt! here at our office for \$35.00 per syringe. Some dental insurance plans provide reimbursement for it, but that depends on your plan and its



SockIt! Oral Wound Dressing

specific coverage.

To learn more about SockIt!, click [here](#).

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)