

# News Updates



*Caption describing picture or graphic.*

Our business manager, Jennifer, had a successful surgery to remove her kidney in June. She is back to work and needs no further treatment. Jennifer wants to thank our patients for all of their support and prayers!

gust. As the President of the PDHA, Dana presided over the weekend long meeting full of important decisions that impact hygienists across the state.

Dr. Bill was once again part of Roar on the Shore back in July. He had a great time.

The Hammerlee Dental Care team was once again proud to be a sponsor of the iRock Fitness Annual Charity Run in August. Dr. Bill, Dana and Jennifer all ran the 5k and a great time was had by all, and all for a great cause.

Our hygienist, Amy, was clowning around at the Sheffield Fireman's Festival in August where she performed as her clown persona, Sunny Hart.

Dr Bill bicycled in August in the Pittsburgh 62 mile PedalPGH event and had a great time.

Our hygienists, Linda and Dana, attended the Pennsylvania Dental Hygienists' Association Board of Trustees meeting in Harrisburg in Au-

HAMMERLEE DENTAL CARE

# Hammerlee Dental Care Newsletter

## Baby Updates

Our Business Manager, Alesha, has been back from her maternity leave for awhile now and baby Chase and big brother Colton are keeping her busy!

Our hygienist, Deena, is expecting her first child at the end of the year. She's having a girl and we can't wait for little Viviana Ivy Pribonic to make her grand entrance! Will she be the last baby of 2015 in Erie? Or the first of 2016?

Hammerlee Dental Care is excited about another little one arriving soon!



*Colton and Chase (above)  
Deena (right)*

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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



## Service Spotlight: Veneers and Lumineers

Veneers are thin, custom-made facings made by a dental laboratory, crafted of tooth-colored materials designed to cover the front side of teeth. Traditional veneers are irreversible, since they require the tooth structure to be shaved down for their placement. Dr. Hammerlee does an ultra-thin type of veneer called Lumineers, which require no anesthetic or drilling and are completely reversible. They are approximately 0.2mm thick, about the thickness of a contact lens. The placement of Lumineers involves two appointments and it is quick and painless. They are highly translucent, which



Veneers

allows them to appear like natural enamel, and they are durable and resistant to wear.

Dr. Hammerlee can evaluate you to see if you are a candidate for Lumineers. They can be used to:

- ◆ Make teeth appear whiter
- ◆ Reshape your teeth to make them look straighter and more uniform
- ◆ Improve the appearance of chipped or fractured teeth
- ◆ Close spaces or gaps between teeth
- ◆ Revitalize your smile
- ◆ Align your smile

Four out of five people are candidates for these thin, strong, pain-free, easy type of veneers. If your smile is an issue, Lumineers may be the solution for you.

## Children's Dental Health: Permanent Tooth Eruption

We have two sets of teeth in our lifetime. Our 20 baby teeth are eventually replaced by 32 permanent teeth. The first permanent molars, sometimes called the "six-year molars" usually appear behind the last baby tooth in the mouth around age 6 and are often mistaken for additional baby teeth. Most children have 28 of

their permanent teeth around age 13, and the remaining four are the "wisdom teeth", or 3rd molars, which may erupt between ages 17-21. Dr. Hammerlee may recommend their removal if they are partially erupted or impacted, or

if here is not sufficient room for them. Permanent teeth should last a lifetime, so it is important to take care of them with brushing 2-3 times per day, cleaning between them with dental floss daily and having regular dental

*"We have two sets of teeth in our lifetime. Our 20 baby teeth are eventually replaced by 32 permanent teeth."*

## Feature Patient: Colton Denton

This issue's feature patient is one of our youngest patients! Colton is two years old and loves to have his teeth checked!

Colton loves to play outside and dig in the dirt. Some of his favorite activities include coloring with his crayons, riding on his Thomas the Tank Engine train and running cars along his own personal racetrack.

Some of Colton's favorite characters include Mickey Mouse, Batman and curious George.

Colton loves to brush his teeth and visit Hammerlee Dental Care! His favorite flavor of toothpaste is bubble-mint. He loves flashing his handsome smile full of beautiful pearly white teeth!



Colton Denton



## Did You Know ...

... that our assistant, Amanda, loves fly fishing? She has taken fly fishing classes and does it every chance she gets.

Amanda loves all things nature and spends her free time outdoors whenever she can. She especially loves running and sitting outside with a good book.

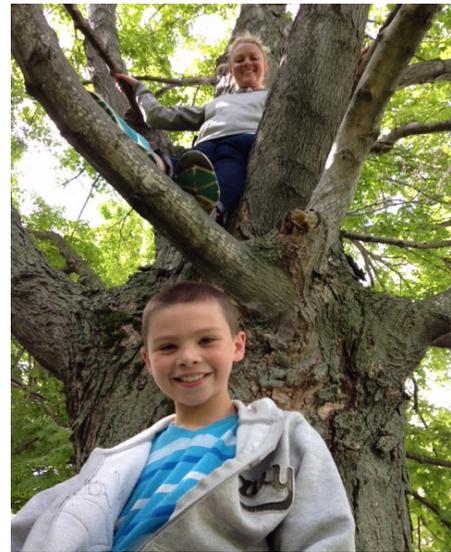
The youngest of six children, Amanda is from Erie and attended the Tri-State Business Institute Dental Assisting Program. She graduated in 2005 and has been a Dental Assistant for nearly ten years. Amanda aspires to further her edu-

cation by becoming a licensed Expanded Function Dental Assistant in the near future which would expand her scope of practice.

Amanda has one son, Michael, who is ten years old and in 5th grade. Michael's favorite hobbies are basketball and photography.

Amanda and Michael are both nature lovers and they like to spend their time together hiking, geocaching and visiting family that lives in Pittsburgh and Colorado.

Amanda looks forward to seeing you at your next visit with her at Hammerlee Dental Care!



Amanda and Michael

## Prevention is the Key: Heart Health and Gum Disease

It has long been understood that there is a connection between gum disease and heart disease. In June 2009, cardiologists and leading gum disease specialists published a consensus statement addressing the connection in both the *American Journal of Cardiology* and the *Journal of Periodontology*.

A common thread connecting these diseases is inflammation. Gum disease increases inflammation, and increased or chronic inflammation in the mouth may affect the rest of the body. When we experience inflammation, we release inflammatory by-products such as C-reactive proteins, which can be released throughout the entire body. Recent research suggests that people with elevated levels of C-reactive proteins are at an increased risk of stroke, diabetes, hypertension, kidney diseases and cardiovascular disease.

Although the exact link between the diseases is not yet fully understood, several theories do exist. One theory

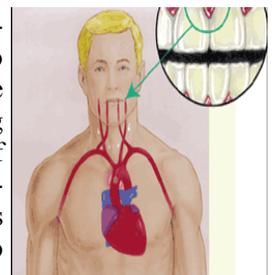
states that the oral bacteria in the mouth can easily enter the bloodstream and affect the heart by attaching to plaque built up in the blood vessels and contributing to clot formation. There is also emerging evidence of this connection to strokes. Although the cause is not yet clear, the evidence is intriguing and investigation is ongoing. It is important to note that the plaque found in atherosclerosis, or "hardening of the arteries" is NOT the same as dental plaque that builds up on your teeth.

If you are at risk for heart disease, you should remember to do the obvious: maintain a healthy weight, exercise, eat well and control any conditions that put you at increased risk such as diabetes, high blood pressure or high cholesterol. People who currently have cardiovascular disease,

*"A common thread connecting these diseases is inflammation. Gum disease increases inflammation and increased or chronic inflammation in the mouth may affect the rest of the body."*

should have their periodontal health monitored frequently through regular dental visits to evaluate for gum inflammation. Conversely, researchers have found that people with periodontal or "gum" disease are almost twice as likely to suffer from coronary artery disease as those without gum

disease. The evidence shows that eliminating this potential risk factor can be beneficial. It is relatively easy to do. We are still learning the specifics of this connection but it is important to maintain a healthy mouth to maintain a



The periodontal health and cardiovascular health connection



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

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*excellence in a comfortable setting*

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*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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## Q & A: How much are the electric toothbrushes your offices sells?

We sell the Oral-B Pro 5000 SmartSeries with Bluetooth® for \$100.00, and currently there is a \$20.00 rebate available which brings your final cost down to \$80.00.

Discover the next level of oral care innovation with the Oral-B PRO 5000 SmartSeries with Bluetooth Connectivity electric rechargeable toothbrush. A revolutionary new way to take care of your oral health, it not only removes more plaque but also eliminates doubt.

Download the Oral-B app on your smartphone and connect with Bluetooth to get realtime feedback on your brushing habits.

- ◆ Removes up to 100% more plaque than a regular manual toothbrush
- ◆ Clinically proven superior 3D Cleaning Action oscillates, rotates

and pulsates to break up and remove more plaque than a regular manual toothbrush

- ◆ Rechargeable with 5 modes: Daily Clean, Gum Care, Sensitive, Whitening, and Deep Clean
- ◆ Senses when you brush too hard with pressure sensor alert
- ◆ In-handle timer pulses every 30 seconds to let you know when to switch areas of the mouth
- ◆ CrossAction round brush head with perfectly angled bristles for a precise clean
- ◆ #1 Dentist Used Toothbrush Brand, Worldwide – Oral-B (data on file)
- ◆ Included in pack: 1 rechargeable toothbrush handle, 1 CrossAction brush head, 1 charging station with brush head storage, and 1 travel case

*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:*

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*Oral-B PRO 5000 SmartSeries with Bluetooth® Electric Rechargeable Power*