



# Hammerlee Dental Care



## 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

excellence in a comfortable setting

Volume 2, Issue 20

## News Updates

Hammerlee Dental Care has a fun new partnership with the Erie Zoo for 2017! Once a month, the Erie Zoo will post a fun guessing game on their [Facebook](#) page where you get four clues to guess what animal the featured teeth belong to. These "Show Your Teeth Tuesday" contests are sponsored by Hammerlee Dental Care. Follow the Erie Zoo on Facebook by clicking [HERE](#).

As dedicated health care professionals, continuing our education is something we are always engaged in here at Hammerlee Dental Care. Dr. Bill attended the Pennsylvania Academy of General Dentistry's PEAK meeting in Pittsburgh in April. He took fantastic courses on the latest topics in dentistry. Read below about his



Check out our new partnership with the Erie Zoo on their [Facebook](#) page called "Show Your Teeth Tuesday"!

upcoming honors within the AGD.

The office held an "in house" education day in April where our entire team trained on OSHA, HIPAA, Cultural Competency and Radiation Safety.

In March, our hygienist, Linda, presented a continuing education lecture to the Erie County Dental Association.

Our hygienists attended a two day

continuing education event in May in Meadville. One full day was dedicated to everything you could want to know about the thyroid and the other day focused on transforming patient care through the integration of new products, technologies, and diagnostic testing.

In April, three of our hygienists (Linda, Dana and Sarah) attended the Pennsylvania Dental Hygienists' Board of Trustees meeting. All three are serving in leadership roles within their professional organization and are proudly representing all hygienists in Pennsylvania with their work within their professional organization.

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## Dr. Bill's Upcoming Honors

Dr. Bill received his Fellowship in the Academy of General Dentistry in 2011. For the last six years, he has been working towards his Masters in the Academy. He has been required to take a considerable amount of continuing education by attending state-wide Academy meetings. In total, he has attended over 1,100 hours of continuing education to qualify for

this award. Dr. Bill was also required to present cases in 18 different dental subject categories. This entailed creating PowerPoint presentations of dental cases he has completed and presenting them to his peers.

Dr. Bill will be traveling to Las Vegas this summer to receive his diploma at his convocation ceremony at the Academy of General

Dentistry's national convention. This is a significant accomplishment, as less than 1% of general dentists earn this distinction.

Congratulations Dr. Bill and we are proud of your ongoing commitment to provide quality care for our patients through continuing your education. We look forward to seeing M.A.G.D. behind your name very soon!



## Service Spotlight: Space Maintainers



Space Maintainer

A space maintainer is an appliance that holds a space open when a baby tooth is lost too early. This space is crucial to allow the permanent tooth to erupt and come into place.

Baby teeth play a crucial role in helping to guide the permanent teeth into position when it is time for them to erupt. Sometimes, severely decayed or abscessed baby teeth need to be extracted. If that space is not maintained, the other teeth can shift into the open space, and that may not leave

enough room for the permanent teeth to erupt if the space is lost. Oftentimes, orthodontic treatment is required to correct these misalignments. Space maintainers can help avoid this from happening.

Here at Hammerlee Dental Care, we typically do what is called a fixed space maintainer. This means they are permanently cemented into place. Children quickly get accustomed to them and we show you the proper way to clean around the space main-

tainer to keep the nearby gum tissue healthy and prevent plaque buildup on the space maintainer. While the space maintainer is in place, it is important that the child avoids sticky sweets or chewing gum to lessen the chance of it becoming loose or falling out.

The space maintainer should be removed when radiographs indicate that the permanent tooth is ready to erupt. To facilitate good timing of this, it is crucial that the child sees our office for regular 6 months examinations.

## Children’s Dental Health: Reducing Fear of Dental Appointments

*“To catch the reader’s attention, place an interesting sentence or quote from the story here.”*

We often fear the unknown, which is a great reason to introduce your child to dentistry early. The American Academy of Pediatric Dentistry recommends that a child’s first dental visit should occur when the first tooth erupts or by the first birthday. These early visits are essential for developing a positive relationship between your child and our dental team and demystifies our office.

Our doctors and staff are experts at making your child’s first visit a positive experience and we slowly introduce additional procedures as your child gets older.

For older children, we employ the show-and-tell technique and use “kid friendly” names for our dental instruments. We pour a lot of positive reinforcement into each appointment to help your child create positive memories of their

experiences with us. It is never too early to reinforce positive oral health habits with your child and speaking positively about dental visits helps your child be comfortable and reduces anticipation anxiety. You are an integral part of our partnership with the primary goal of keeping your child healthy. Apprehension is normal, but we strive to have successful appointments with your child.

## Feature Patient: D. Shelley Klein



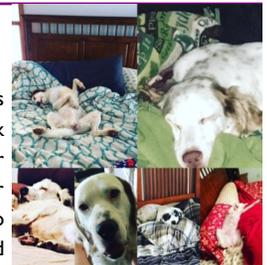
D. Shelley Klein

Shelley and her husband, Kevin, have been together nearly 15 years and have been training bird dogs the entire time. They currently have six English Setters that they are training for field trial competitions. The field trial competitions are held all over the US and Canada. The dogs specialize in hunting and pointing game birds, such as grouse, woodcock, quail, chukar, and pheasant. They spend most of their time teaching the dogs to be steady to wing and shot, meaning they cannot move their feet when the bird flies or

when the blank gun is fired (no live shot is used in competitions). Once the dog is released with a tap on their head the hunt is back on! Their dogs are true athletes and run full out for an hour in championships. Over the last fifteen years, they have had five champions and well over 200 wins with multiple dogs!

In the kennel current they have (starting at top left and moving clockwise) 2yr old Texas Ironman or Rusty, 14 yr old and 8 time champion Texas Copper Top or Copper, 7yr

old Texas Black Pepper or Pepper (loves to be called pup pup), 4yr old Texas Freemason or Mason, 8yr old and 10 time champion Texas Honey Bee or Bee (Bee was named best dog in the US for two years in a row) and then 11 yr old and champion Texas Red Hot or Red. As you can see from the pictures it's definitely not all training all the time!!!





## Did You Know ...

... that our hygienist, Sarah, recently ran her first marathon - the Pittsburgh Marathon?

Sarah has run 3 half marathons as a runner, 2 in Pittsburgh and one in Erie. After losing her friend to a hit and run accident in Pittsburgh, she became inspired to run her first marathon. She and her friend had trained for their first half-marathon together. The day of the Pittsburgh Marathon was very emotional for Sarah. It took her through the city where her friend had recently moved and

even down the road in which she was hit.

In addition to the emotion, it was very physically challenging tackling the hills of Pittsburgh. Sarah isn't sure she'll ever do another marathon, but she says "it is truly amazing that when you put a purpose to things in life, or rather do things with purpose, you'll surprise yourself in what you are capable of." Sarah had an app that allowed friends and family to send her "cheers" and give her verbal motivation through the day. The

day started at a chilly 42 degrees (which was difficult while waiting 45 minutes for the start) and it closed at 60 degrees.

Sarah was impressed by the community support for the runners. Each neighborhood had bands and community members cheering the runners on. Some handed out orange slices and bananas, while others even offered beer! There was no shortage of people there to help get her through each mile and each hill and it really demonstrated the value of community.



Sarah has her number on and is ready to run!

## Prevention is the Key: Oral health has a huge effect on overall health

### By: Health Reports

While many adults are focused on staying healthy through exercise and eating right, one area that is closely connected to a person's overall health and often overlooked is oral health. Inside the mouth aren't just teeth, but clues to keeping disease away.

The connection between oral health and overall health wasn't always widely discussed, according to Cliff Maesaka, the president and CEO of Delta Dental of Kentucky. "Everybody knows the mouth is connected to the body, but in 2000, the surgeon general provided his first-ever report on the state of oral health in America, and it was the first time in about a hundred years anyone had said out loud that the mouth is connected to the rest of the body and things that go on in the mouth affect the rest of the body," he said.

Since that time, the link between oral health and overall health has been studied extensively, and it has been shown that gum disease and periodontal disease are related to a number of other issues, including heart disease, strokes, obesity, poor diabetic control, adverse pregnancy outcomes and more.

That makes it even more important for children and young adults to get started on an oral health program with a dentist at an early age.

"Getting a young child in to the dentist early can have impact on all phases of that child's life," Maesaka said. "You can't learn if you're in pain. Addressing those early needs and getting interventions early in the child's life can affect how that child performs in school, their self-image, in terms of their smile and their looks, and their academic performance throughout the rest of their lives." Health advocates today encourage individuals to have a medical home for care of their overall health, and having a dentist as part of that overall health plan is becoming more common.

"The mouth is definitely a bellwether for the rest of the body's overall health," Maesaka said. "You can tell a lot by looking in the mouth, and a dental examination can tell you more than just if there are cavities or gum disease. There can be clues and information regarding other diseases as well."

For people of all ages, going to a dentist for the first time after a period of neglect can be intimidat-

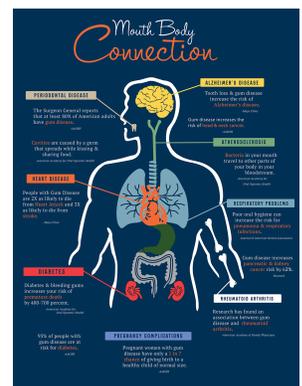
ing. Dentists frequently market their services with messages that combat the innate fear that many have about making an appointment.

"If you haven't been to the dentist in a long time, going for the first time and overcoming the fear of pain, fear of expense, fear of disfigurement – those are all things you have to get past and sit down in the chair that first time," Maesaka said. "Once you've done that, and you find out the status of your oral health, then you have the opportunity to make a plan and go forward as a way to get healthier. That's the purpose of the visits – to get healthy and stay healthy."

And Maesaka believes that the relationship patients have with their dentists can be one of the most important and effective ways to stay healthy.

"Dental health is important because the mouth is connected to the body and the things that go on in the mouth affect the rest of the body. Going to the dentist and getting an examination is critical to everybody's health," he said.<sup>†</sup>

*"Dental health is important because the mouth is connected to the body and the things that go on in the mouth affect the rest of the body."*



The Mouth Body Connection

† Website: <https://insiderlouisville.com/sponsored/oral-health-has-a-huge-effect-on-overall-health/> Accessed 4/18/17

## Hammerlee Dental Care



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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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### Q & A: Tell me about that black toothpaste your office carries.

Black Is White whitening toothpaste removes stains using activated carbon without abrading or bleaching. This unique toothpaste contains fluoride and enzymes to protect against tooth decay and support the salivary functions. It contains no sodium laurel sulfate (SLS), no triclosan, no bleaching agents and no plastic particles. It is designed to be used as a regular toothpaste without any limitations.

Carbon has been used for many years in oral care. This

ingredient has a huge capacity of absorption and acts like a sponge removing stain and also has an amazing whitening effect. Made in Switzerland, Black is White contains an optical whitener called Prestige Sparkling Blue, which coats the tooth surface and influences light reflection for an additional whitening effect.

This toothpaste has become a fast staff favorite! It removes discolorations without the risk of abrasion, leaves your teeth feeling fabulously clean and tastes great! Many

of our patients have tried it out with fantastic reviews as well. You can pick up your tube at our office for \$30. For a limited time, each tube comes with a limited edition CS5460 Black & White ultra soft toothbrush. Try it out today!

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)



Black is White Toothpaste