

# HAMMERLEE DENTAL CARE NEWSLETTER

January 2018

EXCELLENCE IN A COMFORTABLE  
SETTING

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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

## News Updates

For the 9th consecutive year, Hammerlee Dental Care sponsored the Erie Zoo's scary but not too scary event, Zoo Boo! The mild weather brought tremendous crowds to this 15 day event this year and over 40,000 people attended. Our booth handed out 20,000 toothbrushes to trick-or-treaters 12 and under.

We've partnered with the Erie Otters for the very first time this year. Hammerlee Dental Care proudly sponsors the pre-game Benchwarmers and the third period Hammerlee Dental Smile Cam. Friday, January 26th is Hammerlee Dental Care sponsor night with the Otters so look for our team members that night and the first 2,500

fans in the door will get a surprise from HDC and the Otters. You Otter be there!

Several of our team mem-



**HAMMERLEE DENTAL CARE SPONSORED ZOO BOO FOR THE 9TH CONSECUTIVE YEAR**

bers recently served as student table clinic judges for the Fortis Institute Dental Hygiene students. Additionally, our hygienists Linda, Beth, Sarah and Dana attended the Pennsylvania Dental Hygienists'

Association Annual Session in Lancaster. Linda and Beth served as Delegates for the session, representing hygienists in their 16 county Component. Linda was elected and installed as President-Elect of the Pennsylvania Dental Hygienists' Association, where she will serve 2 years and then transition to the President role for an additional 2 years. Sarah was elected to serve as a Pennsylvania Delegate to the American Dental Hygienists' Association Annual Conference, as will Linda. Beth was elected Administrative Chair of the 16 county Northwest Component and Dana was elected to serve on the Board of Directors of the Pennsylvania Academy of Dental Hygiene Studies.

## Hammerlee Dental Care Hits Atlanta!

In October, eleven of our team members attended the American Dental Association Annual Meeting in Atlanta Georgia.

Our team members took a plethora of continuing education courses ranging from lectures on oral health to hands-on workshops on oral surgery. We also networked with other dental professionals around

the country, perused the corporate exhibit hall to learn about all the latest in dentistry and the dental field.

Our time in Atlanta wasn't all work. We attended a fun block party held for all conference attendees and had a bit of time to explore Atlanta. We also had the opportunity to see Peyton Manning address attendees

as a distinguished speaker.

It was an educational yet fun trip for our team!



**THE HDC TEAM IN ATLANTA**



**NITROUS OXIDE SEDATION IS  
A SAFE AND EFFECTIVE  
TECHNIQUE**

## Service Spotlight: Nitrous Oxide Sedation

Nitrous oxide, sometimes referred to as “laughing gas”, is commonly used as a safe and effective sedation technique in dental offices to relieve pain and anxiety during dental treatment.

The gas is administered through a rubber mask placed on the nose of the patient. The patient will initially begin breathing 100% oxygen and Dr. Hammerlee will then increase the amount of nitrous oxide delivered until the appropriate dose is achieved. The

patient will begin to feel a pleasant level of sedation in anywhere from 30 seconds to 3 minutes and nitrous offers the flexibility of allowing Dr. Hammerlee to adjust the level to your comfort. The cheeks and gums of nearly one-third of patients will become numb. At the end of treatment, he will then return to delivering 100% oxygen to the patient for approximately 3-5 minutes, when all of the effects of the sedation are usually reversed.

Nitrous oxide sedation is a safe method with very few side effects. Higher doses may cause nausea in some patients, and obstructed nasal passages can interfere with the inhalation process. Unlike pharmaceutical sedatives, you can drive yourself to and from your dental appointment and you will not feel groggy after. It is highly effective in relieving mild to moderate anxiety and can even eliminate, or at least minimize, gagging sensations.

### Characteristics of a well-fitted mouthguard

- Protective
- Comfortable
- Doesn't interfere with breathing/speaking
- Good retention—stays in place.
- Able to wear with orthodontics
- Sufficiently thick in critical areas
- Does not cause gagging, not too bulky
- Tasteless and odorless
- Tear resistant, durable

## Children's Dental Health:

Each year, there are 15 million dental injuries in the US and research shows that approximately one third of those are related to sports injuries. Dental injuries are the most common type of facial injury in sports. An American Association of Orthodontists survey found that 84 percent of children do not wear mouth guards while playing organized sports because they are not required to wear them.

Mouthguards can greatly reduce these injuries, as well as their severity by cushioning a blow to the face or mouth during team or individual sports. It can prevent broken teeth and injuries to the lips, tongue, face and jaw.

The American Academy of Pediatric Dentistry recognizes that there are three types of mouthguards that are available. These are;

stock or preformed (ready-to-wear), mouth formed, and custom fitted. Without question the custom - fitted appliance which is made by a dentist is also the preference of athletes when they have been surveyed. When this is not available the mouth formed mouthguard is preferable to the stock or preformed mouthguard. Any mouthguard that is used will only be effective if it is properly fitted and properly worn.

## Feature Patient: Kimberly Lenart



**KIMBERLY LENART (RIGHT)  
WITH HER DAUGHTER**

Kimberly Lenart currently lives in Waterford, PA and has lived there all of her life. She has three children ages 23, 19 and 17. She loves spending time with her family and has enjoyed watching her children in all of the activities that they have been in while in school.

Kim is in her fourth year teaching at Union City Middle School in the Life Skills classroom. She taught for one year in an Autistic Support Class-

room as a long term sub for the year prior to receiving her current teaching position. She truly enjoys working in a special education classroom and loves to see the progress that they make.

Kim received her undergraduate Degree in Speech and Hearing Disorders but after working in the classroom for a while, she decided to go back for her Master's Degree in Special Education and her teaching

certificate in Elementary Education and Special Education. She recently finished her second Master's Degree as a Reading Specialist from Edinboro University.

Kim was extremely shocked to receive the Golden Apple Award in October 2017. It was a great honor and meant a lot to her that one of her students, with the help of her classroom paraprofessionals, nominated her. Congratulations Kim!



## Did You Know ...

... that the Hammerlee Dental Care team has participated in the Her Times 5k for the last four years?

“This One’s for the Girls” is the theme for the annual Her Times 5k held each October on Presque Isle State Park. This event is organized through the Erie Runners Club and gives area women the opportunity to be the front runners, lead the pack and cross the finish line first. This event isn’t just for seasoned runners, it’s perfect for beginner runners

and walkers as well and kids are welcome to participate too! Free babysitting is provided as well during the race.

Each year, a local orthodontic office, Doleski and Wolford Orthodontics, generously sponsors the staff members of many dental offices for participation in the race. Doleski and Wolford Orthodontics funds their entry fee and puts on a fantastic breakfast in one of the cabins on the peninsula.

Each year, they have a theme

for the dental offices to work with and this year was a camouflage military theme. All of the dental teams together at the cabin before and after the race and have a great time seeing each other, having breakfast after the race and keeping warm by a big, crackling fire.

Our hygienist, Deena, even had her two year old daughter run the race with our team this year! Our team is grateful to Drs. Doleski and Wolford and their staff for this fun event!



THE HAMMERLEE DENTAL CARE TEAM AT THE HER TIMES 5K

## Prevention is the Key: How to Stop a Canker Sore at the Beginning

By: Brynne Chandler

Canker sores are small lesions that usually appear inside of your lips, on your gums and under your tongue. Researchers have not found a viral cause, or any other definite canker sore cause. It is not always possible to stop canker sores from forming, but aggressive treatment in the early stages can sometimes speed healing. Treating canker sores as soon as you feel that first tingle may lessen the severity of the outbreak.

**Step 1** - Take daily supplements containing vitamin B-12, folic acid and iron. According to researchers at the National Institute of Dental and Craniofacial Research, British studies showed that 20 percent of patients who developed canker sores were deficient in vitamin B-12, folic acid and iron. Studies in the U.S. have been unable to verify these results, but vitamin B-12, folic acid and iron are all necessary for healthy

red blood cells, which are necessary to carry the oxygen and nutrients needed for healing.

**Step 2** - Mix equal amounts of hydrogen peroxide and water. The experts at the University of Illinois, McKinley Health Center, recommend that you gargle with this mixture four times per day. If you cannot tolerate the taste, mix 1 tsp. each of baking soda and salt in 4 oz. of warm water and gargle with that instead. Both mixtures are somewhat drying, and may speed healing.

**Step 3** - Apply a dot of oral benzocaine to the tip of a clean cotton swab and massage into the tingling spot where the canker sore is trying to form. Benzocaine is found in over-the-counter treatments for fever blisters and cold sores, but it is also effective on canker sores.

**Step 4** - Soak a tea bag in warm water and squeeze out most of the moisture. Apply

this to the tingling spot as a compress four times per day. The experts at University of Michigan Health Services suggest that any tea bag may help, but green tea has been shown to have soothing and anti-microbial properties.

Things You'll Need:

- ⇒ Supplement containing vitamin B-12, folic acid and iron
- ⇒ Hydrogen peroxide
- ⇒ Salt
- ⇒ Baking soda
- ⇒ Cotton swabs
- ⇒ Topical benzocaine
- ⇒ Green tea bags (optional)

Tips: Treat yourself to Popsicles to soothe and cool the irritated skin inside of your mouth.

Warnings: Avoid fresh citrus, foods that are salty or spicy, and hot drinks while your canker sore heals.<sup>†</sup>

<sup>†</sup> Website: <https://www.livestrong.com/article/275690-how-to-stop-a-canker-sore-at-the-beginning/> Accessed January 17, 2018

**APHTHOUS ULCERS  
ARE COMMONLY  
REFERRED TO AS  
“CANKER SORES”**



“CANKER SORE”

## EXCELLENCE IN A COMFORTABLE SETTING

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DR. WILLIAM D. HAMMERLEE

THE HAMMERLEE DENTAL CARE TEAM

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 Master 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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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 : How are your instruments sterilized?



BIOLOGICAL SPORE TESTING SYSTEM

Here at Hammerlee Dental Care, one of the utmost important things we do throughout each day is instrument sterilization. We use as many disposable products as we can, but some items, such as our instruments, are not disposable and go through sterilization. Sterilization is a process designed to kill all microbes.

After use, the instruments are bathed in a pre-soak solution. Then, they cycle through an ultrasonic cleaner to remove any debris. After the ultrasonic, the instruments are then sterilized in an autoclave which sterilizes through steam under pressure. The instruments reach a temperature of 275°F, which coupled with the pressurized steam, achieves sterilization.

The process doesn't end there.

Monitoring our sterilizer to ensure it is working properly is just as important as instrument sterilization. Our office goes the second mile here with three different safeguards to ensure proper sterilization:

1. The instruments are placed in sterilization pouches that have a visible internal indicator that changes color with sterilization heat.
2. Integrated Chemical Indicator Strips are run with our instruments through the sterilization cycle. These strips change color in response to a combination of time, temperature and the presence of steam.
3. Biological Monitoring is the ultimate verification for us. Bacterial spores

are considered the most resistant type of microbe, so demonstrating their death provides the main guarantee of sterilization. We run a self-contained vial of bacterial spores and growth medium through the sterilizer. We then break the internal ampule to mix the two, incubate the vial at 131°F for at least 24 hours and "read" the indicator solution.

We use multiple methods of monitoring to ensure the safety of each and every patient we treat.

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)