



Hammerlee Dental Care Newsletter

Excellence in a comfortable setting



News Updates

Hammerlee Dental Care has proudly partnered with the Erie Otters this season! We are the sponsors of the pre-game Benchwarmers and the third period Hammerlee Dental Smile Cam. Friday, January 26th was Hammerlee Dental Care sponsor night with the Otters. Our entire team came out for this fantastic night and the first 2,500 fans in the door received HDC/Otters thundersticks. Dr. Bill, our office manager, Linda, and her son did the ceremonial puck drop before the game. A great time was had by all!



Erie Otters Puck Drop

In February, Dr. Bill treated the staff to the annual Erie County Dental Association's Staff Appreciation Night at Junior's Last Laugh. Our staff had a great dinner and enjoyed some hysterically comedy. Everyone had a great time!



Dr. Bill turns 60!

Dr. Bill's 60th birthday was in March. Our staff decided to surprise him with a weekend full of fun! We started off Friday night with a surprise dinner party at the Plymouth. After the Plymouth, many of us traveled to Peek n' Peak where we had a

big condo for the weekend! A fun weekend was had by all full of tubing, skiing, winter walks, swimming, dining, the spa and a lot of laughter. The Peak's Spring Fest was going on the same weekend and one of Dr. Bill's favorite events was the Pondsiskimming event. This rite of passage for skiers celebrates the arrival of spring. It's an excuse to wear something silly, like superhero or animal costumes, and attempt to ski across a small and very cold body of water.

Have you seen our "Show Your Teeth Tuesday" with the Erie Zoo on Facebook? Once a month, the Erie Zoo posts a fun guessing game on their Facebook page where you get four clues to guess what animal the featured teeth belong to. Follow the Erie Zoo on Facebook by clicking [HERE](#).

A Presidential Election

Our Office Manager/Hygienist, Linda, was elected President-Elect of the Pennsylvania Dental Hygienists' Association in November in Lancaster. She will serve a two year term in this role and then become President of her state-level professional organization for

an additional two years.

Linda has been very active within her professional organization and has served in a wide range of positions on local, state and national levels. She has been enjoying the excitement of the first months of her four year ex-

perience very much.

One of her favorite parts of her position is leadership development. She enjoys mentoring and cultivating future leaders and her experiences with dental hygiene students from across the state.

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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



Digital x-ray sensor

Service Spotlight:

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.

Children’s Dental Health: Disney Magic Timer by Oral-B app

Bring more fun to your daily brushing routine with Disney Magic Timer by Oral-B! Now featuring twenty-three of your favorite Disney, Marvel and Star Wars characters, use this app to seamlessly encourage your kids to brush longer.

Collect a new digital sticker after each successful two

minutes of brushing; track progress with stars and milestone badges on the Brushing Calendar. Longer, happier brushing for your little one is just a download away!

All it takes is three simple steps: 1. Download the Disney Magic Timer app by Oral-B 2. Scan any Crest or Oral-B Pro-Health Stages

product with your iPad, iPhone or iTouch 3. Reveal more fun and let the brushing begin.

The Disney Magic Timer app is a fun way to encourage your kids to get a full two minutes of brushing in!

“Longer, happier brushing for your little one is just a download away! “



Vivi Pribonic with her dad, Matt

Feature Patient: Viviana Pribonic

Viviana (“Vivi”) Pribonic is two and half years old. She was born on Christmas Eve 2015 here in Erie.

Vivi loves unicorns, any kind of dancing (like her ballerina mom, Deena) and cats ... most especially her cat, Leena.

She regularly participates in

Zumbini® classes. Created by Zumba® and BabyFirst for kids ages 0-4, the Zumbini® program combines music, dance and educational tools for 45 minutes of can’t-stop, won’t-stop bonding, learning, and fun (Check it out at www.zumbini.com).

She does Zumbini® at iRock

Fitness and her mom is her instructor. Her dad, Matt, owns iRock with her uncle, Anthony.

French fries are her favorite thing to eat and she loves the color pink. Vivi loves brushing her teeth and coming to the office for her check ups!



Did You Know ...

... that two of our hygienists hit professional milestones recently? Our hygienist, Sarah, was inducted into the Academy of Dental Hygiene Studies. Our hygienist, Linda, has been a member since 2012, and she became a Distinguished Member.

Less than 2% of hygienists in Pennsylvania carry this distinction of being an Academy Member and only a handful are Distinguished Members. In addition to Linda, our hygienist, Dana, who has been a

member the longest, also carries the Distinguished Member status. Hammerlee Dental Care is so very proud that seven of our hygienists are now members of the Academy - Linda, Beth, Sarah, Deena, Amy, Dana and Nancy.

The Pennsylvania Academy of Dental Hygiene Studies was formed in 1979 to encourage dental hygiene members to participate in continuing education courses and maintain their professional competence. The Academy

provides a formal structure in which continuing education course completion can be recognized. Academy guidelines help ensure quality continuing education. This level of commitment states to our patients that our hygienists value education and staying current within their chosen profession.

We are so very proud of our hygiene team and their commitment to continuing education and their profession. Congratulations ladies!



Linda Straub-Bruce (left) and Sarah Goard (right)

Prevention is the Key: How to Prevent Tooth Erosion

By: Tammy Davenport

Tooth erosion can cause mild dental problems, from tooth discoloration to sensitivity to more severe dental problems, such as indentions in the teeth, severe tooth sensitivity, and even cracked teeth.

Preventing Tooth Erosion:

Tooth erosion can do severe damage to your teeth, but it can also be prevented. The Academy of General Dentistry offers these easy to follow tips to prevent tooth erosion:

- After eating or drinking acidic foods or beverages, rinse your mouth with water so that the acid will be neutralized.
- Wait at least an hour before brushing your teeth after consuming acidic foods or beverages to allow the teeth to remineralize after the acid exposure.
- Cut back on carbonated drinks and try replacing them with water, milk or unsweetened coffee and tea.
- Use a straw when drinking carbonated beverages or other sweet drinks, such as natural fruit juices, which are very acidic. A straw enables the liquid to go quickly to the back of your mouth instead of washing over the teeth.
- Swallow acidic liquids quickly instead of swishing them around or holding them in your mouth.
- Chewing sugar-free gum can help reduce dry mouth and increase the saliva flow, allow-

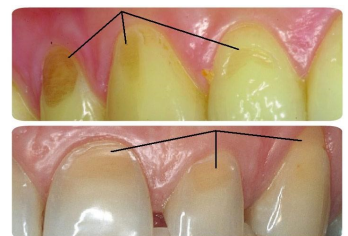
ing for your teeth to remineralize.

- Always use a soft toothbrush and toothpaste that contains fluoride. Fluoride can help to reduce tooth sensitivity.

Since tooth erosion can occur from several different factors, it's important to talk with your dentist if you suspect that you might have tooth erosion.[†]

[†] Website: <https://www.verywell.com/how-to-prevent-tooth-erosion-1059450>, Accessed February 1, 2018

“Tooth erosion can do severe damage to your teeth, but it can also be prevented.”



Examples of erosion



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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 : I had a “panoramic” x-ray last time I was at your office. What was that one for?



The panoramic radiograph provides a thorough overview that is a vital diagnostic tool.

Radiographs, also called x-rays, are a vital diagnostic tool for Dr. Hammerlee. There are several types of x-rays and the one you referred to is called a panorex or panoramic. This type gives a thorough overview of the oral cavity and its supporting structures. We are able to evaluate the teeth, jawbone, sinuses, temporomandibular joints and the hard and soft tissues of the head and neck with this x-ray.

The panorex primarily helps Dr. Hammerlee find things like abscesses, cysts and other pathologies, large or deep areas of decay, as well as gum disease and bone loss. Additionally, it helps us eval-

uate for treatments such as dental implants, orthodontics, full and partial dentures, impacted teeth [especially wisdom teeth] and gum disease treatments. It is also important to assist in identifying problems after a trauma to the face or teeth, such as fractures.

The panorex radiograph has a wonderful advantage ... it is easy! The panorex moves around the outside of the head, while the patient bites on a small block with their front teeth. Although it is not as precise or detailed as the small x-rays taken inside the mouth, it is crucial for a broad overview.

Our panoramic machine is

exceptionally high-tech and very sensitive which translates to a very low amount of radiation required to obtain an image. Dr. Hammerlee typically recommends that most patients have this radiograph taken approximately every 5 years to detect problems that other x-rays cannot.

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