



# Hammerlee Dental Care Newsletter

## 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

As always, our staff has been attending a lot of continuing education to stay current on everything in the world of dentistry. Dr. Bill recently attend the Academy of General Dentistry's Annual Conference in New Orleans. He took courses on a variety of topics including oral pathology, oral cancer detection and current technology in dentistry. Most of our team attended two days of courses in Meadville in May on topics such as bone science, mandated reporting of child abuse and local anesthesia administration. The team attended an infection control course later in the month as well. Our hygienists Sarah, Linda and Dana attended the Public Health Dental Hygiene Practitioner Symposium in Williamsport in May. In June, our hygienists attended a course on

digital impression technology.

In June, our hygienists, Beth, Dana and Linda, attended the Pennsylvania Coalition for Oral Health meeting and networked with stakeholders for oral health from all across the state.

The team celebrated our assistant, Renee's, 50th birthday with a fun and exciting adventure in Cleveland! Renee is a huge Cleveland Indians fan so we booked a section at the stadium for their June 16th game vs. the Minnesota Twins. We even had a scoreboard message to wish Renee a happy 50th. Many of our team stayed over and a great time was had by all.

Our hygienist & office manager, Linda, was honored to speak to the University of Pittsburgh Dental Hygiene graduates at their graduation luncheon. Lin-



**HDC at the Progressive Field for the Cleveland Indians game**

da is a Pitt grad and had a great time visiting her alma mater.

Our hygienists, Sarah and Linda, were in Philadelphia in June attending the District 2 meeting for the American Dental Hygienists' Association. They are 2 of the 5 Delegates that will represent Pennsylvania at their national meeting in Columbus.

## Amanda Goes Back To School!

Our dental assistant, Amanda, is furthering her education! Amanda has attended the Greater Altoona Career & Technology Center for their Expanded Function Dental Assistant program. This will train her to do such

things as place filling material after the dentist prepares the tooth and install temporary crowns and bridges.

This program involved 12 Saturdays of training, ex-

ternship hours and she will have to successfully pass the State Board of Dentistry exam to obtain her licensure. The whole HDC team is proud of Amanda and her accomplishment!

## Service Spotlight: Fluoride Varnish



Fluoride Varnish

Fluoride varnish is a form of topical fluoride that can help prevent and slow down tooth decay and reduce tooth sensitivity. Fluoride varnish is made with fluoride, a natural mineral found in the earth's crust that can strengthen tooth enamel. It is a clear or white liquid that is painted on to the tooth surface with a small brush in a quick and easy procedure.

Fluoride varnish has a sticky consistency and it dries or "sets" quickly and remains on

the teeth for several hours. Teeth may feel a bit grainy to the tongue, but that goes away after a few hours. It comes in a variety of flavors and no fluoride tray is used, which is great for patients with a strong gag reflex. One additional benefit of varnish is that you do not have to wait to eat or drink after it is applied. Studies show that it is effective and is not a risk factor for dental fluorosis.

Varnish can be applied at any age, even for infants with just

one tooth. It's a great option for those undergoing orthodontic treatment and is also very helpful for preventing cavities along the gumline for those with dry mouth.

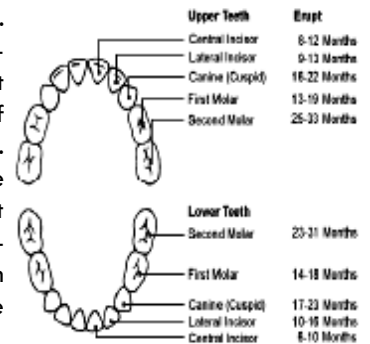
Fluoride varnish treatments alone cannot completely prevent cavities. Proper brushing with a fluoridated toothpaste, consistent flossing, regular professional dental care, and eating a healthy diet are all part of the tooth decay equation.

## Children's Dental Health:

The process of shedding deciduous teeth and the replacement by permanent teeth is called exfoliation. This may last from age six to age twelve.

Baby teeth usually begin to erupt [appear in the mouth] around 6 months of age and continue until all 20 baby teeth are in at about 2 years of age. These are general guidelines, as teeth come in at different times for different kids. Baby teeth, also called primary or deciduous teeth, actually begin to form at the

sixth week of pregnancy. They include central and lateral incisors, canines and 1st and 2nd molars - one set of each type in each quadrant. Baby teeth become loose when erupting permanent teeth push on their roots causing them to dissolve, which usually happens around the age six.



Ian Malesiewski

## Feature Patient: Ian Malesiewski

Ian Malesiewski has been a resident of Northwestern Pennsylvania for his entire life, spending many years in North East directly on the shore of Lake Erie, along with his mom, Halli, and brother Adam. An out-

standing athlete his entire life, Ian excelled in football and wrestling prior to sustaining a major spinal cord injury in 2016. This fall Ian will be attending the University of Miami where he will major in neu-

rosience with the hope of eventually going to med school and helping others with spinal cord injuries. Ian is graduate of Cathedral Prep and we wish him the best in his new chapter ... college!



## Did You Know ...

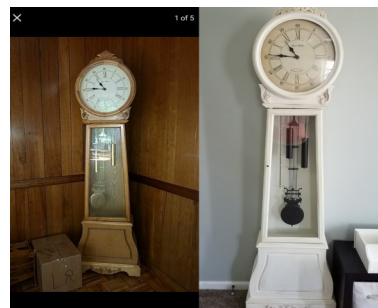
... that our Expanded Function Dental Assistant, Alisha, loves do-it-yourself projects?

Alisha is one of ten children in her family and the family keeps on growing! She has twelve nieces and nephews. She has been married for eight years and has two dogs, Helo who is a Mal-shi (part Maltese and part Shi Tzu) and Jax who is a York-

ie.

Alisha is an avid reader. Currently she is working through reading all of the banned books that shaped America.

Alisha's favorite DIY projects involve restoring old furniture to repurpose the pieces. You can see some of the great projects she's done here! We look forward to checking out her next creation!



Just a few of Alisha's restoration projects

## Prevention is the Key:

Chewing gum has undergone some major changes in recent years, and it is widely agreed that chewing sugarless gum can provide you with many benefits. In fact, Extra®, Orbit® and Eclipse® brands were the first chewing gums to receive the prized American Dental Association's Seal of Acceptance in 2007. Twenty years of research proved that these products help to fight cavities, strengthen teeth and reduce harmful plaque acids.

Several brands on the market now include special types of calcium that actually help tooth enamel. For example, Trident Xtra Care™ has a unique formula called Recaldent® that remineralizes tooth enamel and leaves teeth more resistant to plaque acids. Recaldent's® casein complex remains for up to 3 hours after chewing.†

Most sugarless gums are sweetened with a naturally derived sweetener called Xylitol. Unlike sugar, Xylitol is not broken down by plaque bacteria, so it can keep a neutral pH balance

in the mouth. Studies worldwide have shown that chewing gum with Xylitol can actually decrease the incidence of cavities, primarily due to its ability to inhibit bacteria found in plaque.

Wrigley's Eclipse® contains magnolia bark extract, or MBE. MBE has its roots in traditional Chinese medicine for its germ-killing benefits. In lab tests, MBE killed three kinds of oral bacteria—two responsible for bad breath and one that causes cavities. Eclipse® gum and mints are the first products in the US to utilize MBE.‡

Trident White® is another cutting edge product that uses surfactant technology to break up extrinsic stains, such as food, wine, coffee, tea and tobacco, for whiter teeth. A double blind clinical study showed significant reduction of extrinsic tooth stain in as little as four weeks. This gum penetrates these exterior stains, breaks them up and pulls them off of the tooth surface so that they can be washed away with the saliva. It also prevents new stains from forming.††

Chewing sugarless gum helps neutralize an acidic environment found in the mouth after most meals. Reducing the acidity in the mouth reduces the risk of dental decay.

Additionally, sugarless gum helps stimulate salivary flow. This can be especially helpful for patients that experience dry mouth. Many medications can cause dry mouth such as antihistamines, blood pressure medications and anti-depressants.

Chewing gum comes in many flavors, tastes great, freshens your breath, and there can also be many additional benefits for you.

† Source: <http://www.tridentoralcare.com/#/advancements/trident-xtra-care/>

‡ Source: <http://www.wrigley.com/global/brands/eclipse.aspx>

†† Source: <http://www.tridentoralcare.com/#/advancements/trident-white/>

**“Chewing gum comes in many flavors, tastes great, freshens your breath and there can also be many additional benefits for you.”**



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excellence in a comfortable setting



**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.*

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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.*

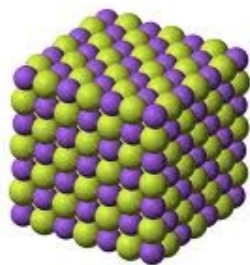
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*The contents of this newsletter are for informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your dentist or physician or other qualified health provider with any questions you may have.*



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## Q & A: What's the difference between fluoride in drinking water and fluoride in my toothpaste?



**Sodium Fluoride Ion**

The American Dental Association has continuously endorsed the fluoridation of community water supplies and the use of fluoride-containing products as safe and effective measures for preventing tooth decay for over fifty years. Fluoride can protect teeth in two ways:

- 1) through direct contact with the teeth such as fluoride in toothpaste or mouth rinse
- 2) when delivered through a fluoridated water system (or with a prescription fluoride tablet if no water fluoridation is available) to children during the tooth forming years

Sodium fluoride and sodium monofluorophosphate are the most common type of fluorides found in toothpastes, and it is usually concentrated to about 1,000 parts per million. Fluoride is used to enhance the strength of teeth by

the formation of fluorapatite, a naturally occurring component of tooth enamel. This delivery method adds fluoride and strengthens the fully formed teeth that are in our mouths.

In the 1940's, studies began to follow the rate of decay of children in regions where fluoride naturally occurs in ground water. Due to the results, 2/3 of public water systems in the US are now fluoridated. Optimal fluoridation level is considered to be approximately one part fluoride per million parts water, and areas that have naturally occurring fluoride in the water can use reverse osmosis to reduce it to the recommended level. If no water fluoridation is available, a prescription fluoride supplement can be provided. This method incorporates fluoride into the

enamel of developing teeth in children resulting in stronger, more decay-resistant enamel.

Here at Hammerlee Dental Care, we recommend that children under 19, and adults at risk for decay, receive a minimum of one topical fluoride treatment per year, following a dental cleaning to assist them while they are in the decay-prone years. This treatment provides an excellent "uptake" of the fluoride to the tooth structure as there are no deposits on the teeth to inhibit the fluoride therapy immediately after the cleaning.

*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)*