

HAMMERLEE DENTAL CARE NEWSLETTER

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*
- *Provide valuable feedback and contact us*

News Updates

Dr. Bill did something really exciting this summer! He traveled with the St. Paul's Episcopal Church Choir from Erie to Oxford, England. Dr. Bill and the choir had the privilege of singing at Christ Church Cathedral at Oxford University for a week. They sang Evensong in the evening and Sunday services at Christ Church. Evensong is also called "evening prayer" and it is a form of worship and liturgy sung in the evening in the Anglican-Episcopalian tradition. Dr. Bill enjoys history and each day he would walk the city and learn about the historic sites he visited, some which date back to the twelfth century.

Our hygienists, Beth and Linda, attended the Pennsylvania

Coalition for Oral Health Stakeholder Meeting in June. This coalition brings together oral health advocates and professionals to share the best and most innovative approaches to improving oral health of all Pennsylvanians.

Wedding bells were recently ringing at HDC! Our Dental Assistant, Cassie, was married in a beautiful ceremony on September 8th. Read more about Cassie and her wedding on page 3.

For the 10th consecutive year, Hammerlee Dental Care is sponsoring the Erie Zoo's scary but not too scary event, Zoo Boo! During this 13 day event, our booth will hand out 20,000 toothbrushes and "vampire teeth" to trick-or-



Dr. Bill in Oxford, England

treeters age 12 and under. Each year nearly 40,000 people attend the Erie Zoo's most spooktacular event. Join your HDC team at Zoo Boo October 18th through October 30th 6pm-9pm, nightly. Back by popular demand, "Daytime" ZooBoo will be on October 20th & 27th starting 2pm and will run straight through normal ZooBoo hours until 9pm.

You Otter Be There!

Once again, Hammerlee Dental Care is sponsoring the Erie Otters hockey team! We had such a great time partnering with the Otters last year we decided to stay on for another season!

The Otters have wrapped up their Training Camp and Preseason and are ready to roll for their home opener on

Saturday, September 22nd against the Flint Firebirds. The 2018-2019 team is looking pretty awesome!

Once again we are sponsoring the Benchwarmers (during the Otter's warmup right before the game) and get ready to show your amazing smile during the 3rd period when the Hammerlee Dental Care

Smile Cam is panning the fans.

You'll see your HDC team represented at most every home game, our rink boards are up and we have our Sponsor Night already on the books for Saturday January 26, 2019.

You Otter be there!

Service Spotlight: Crowns or “Caps”



Artist's interpretation of a crown being placed on a prepared tooth

A crown is a tooth-shaped "cap" that is placed over a tooth ~ to cover the tooth to restore its shape and size, strength, and/or to improve its appearance. The crowns, when cemented into place, fully encase the entire visible portion of a tooth that lies at and above the gum line.

A crown may be needed in the following situations:

- ◇ To protect a weak tooth (i.e. from decay) from breaking or to hold parts of a cracked tooth together
- ◇ To restore an already broken tooth or a tooth that has been severely worn down
- ◇ To cover and support a tooth with a large filling when there isn't a lot of tooth left
- ◇ To hold a dental bridge in place
- ◇ To cover mis-shapeden or severely discolored teeth
- ◇ To cover a dental implant or tooth that has had a root canal.

Permanent crowns are crafted at a professional dental laboratory and can be made from all metal, porcelain fused to metal, all resin or all ceramic. This dental restoration provides long term durability when restoring a tooth.

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."

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 of-

ten 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 there 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 visits.

Feature Patient: Krista Malina



Krista Malina

Krista Malina is a senior at McDowell High School in Millcreek. She is a member of the Honors College, the National Honor Society and the Girls Athletic Club where she is involved in planning and organizing events, such as Homecoming and Walk for a Cause.

Krista is the Captain of the McDowell girls soccer team an

a member of the MSA Soccer Club. She also is on the McDowell track team as a pole-vaulter.

She is currently applying to colleges and is seeking to enter either a Physician Assistant Program or obtain a Bachelor's Degree in Biology.

Krista is a camp counselor at Erie Premier Sports and works

at Holland Dairy Queen.

Krista has a new puppy named Miley, who is four months old. Her favorite color is teal, her favorite foods are pizza and ice cream, and she likes to work out (especially running) and be fit. Krista likes hanging out with friends and has 14 year old twin sister and brother (Sara and Nick).



Did You Know ...

... that our Dental Assistant, Cassie, just got married?

Cassie and her new husband, Derek, married on Saturday, September 8, 2018 at a beautiful ceremony at St. Peter Cathedral. The bride looked absolutely gorgeous, her attendants wore plum and everything was absolutely perfect! The reception to follow was at The Concourse at Union Station and a great time was had by all.

Cassie and Derek had been dating for nine years prior to

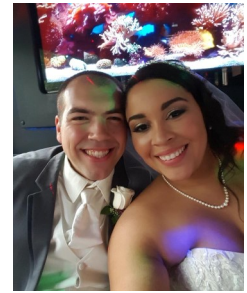
their marriage. They first met in high school ... on a blind date. Both are from Erie. Derek is a graduate of Cathedral Prep and Cassie graduated from General McLane High School. The blind date turned into a great match! Derek took Cassie out hunting for the first time and they love to watch baseball together.

One day at the beach, Derek got down on one knee and was talking through his proposal. Cassie proclaimed

“Ok , just give it to me already!” and they had a great laugh. The rest is history!

There’s another HDC connection to Derek & Cassie’s relationship. Her matron of honor, Kelsey, is the daughter of our hygienist, Dana! Kelsey is married to Derek’s best friend Ryan. Over the years, Cassie and Kelsey have become great friends.

Everyone at HDC wants to congratulate Cassie and Derek and we wish them all the best for their life together. ♥



Mr. and Mrs. Elder

Prevention Is The Key: Older Americans Who Neglect Oral Care Put Overall Health at Risk

By Dr. Harold Katz

Conscientious parents constantly remind their children to brush and floss, and routinely schedule dental checkups to make sure their teeth and gums are healthy – and staying that way.

But youngsters aren’t the only ones who can use such reminders. Older Americans need to put a priority on their oral health as well, and research shows that as a group they aren’t doing so.

In fact, the statistics are grim. The Centers for Disease Control and Prevention reports that almost every single American over age 65 (96 percent) has had a cavity, and 20 percent have untreated tooth decay. Another 65 percent suffer from gum disease, an ailment that has been linked to a host of other problems, such as strokes, heart disease and diabetes.

Anyone who thinks they can ease up on dental care as they age is making a big mistake. Not only do poor dental hab-

its affect what’s going on in your mouth, they also affect your overall health.

Some of the CDC’s findings that Katz says are troubling include:

Tooth loss. Nearly one in five adults aged 65 or older have lost all of their teeth. Complete tooth loss is twice as prevalent among adults aged 75 and older (26 percent) compared with adults aged 65 to 74 (13 percent). The CDC points out that having missing teeth, or wearing dentures, can have a detrimental effect on nutrition. It’s not surprising that people who have lost teeth, or wear denture, often are going to choose soft food they chew easily. They will pass up fresh fruits and vegetables that are more nutritious, but are more difficult for them to eat.

Oral cancer. Cancers of the mouth (oral and pharyngeal cancers) are primarily diagnosed in older adults; median age at diagnosis is 62 years. That’s another reason it’s

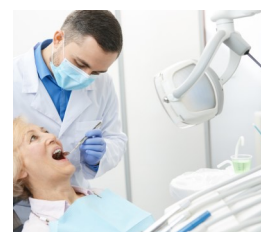
important for older people to have regular checkups. Your dentist can check for signs of oral cancer during those visits.

Dry mouth caused by medications. Most older Americans take both prescription and over-the-counter drugs, many of which can cause dry mouth. Reduced saliva flow increases the risk of cavities. Saliva helps prevent tooth decay, gum disease and bad breath, and also lubricates the mouth, making it easier to eat, swallow, speak and taste food. Sometimes dry mouth might just cause mild discomfort. At other times it can lead to significant oral disease that can compromise the person’s health, dietary intake and quality of life.

As you age, proper oral care is just as important as ever. It’s not something you want to ignore because your overall health is at stake.”†

† *Website:* <https://thirdage.com/older-americans-who-neglect-oral-care-put-overall-health-at-risk/> ; Accessed Sep-

“The Centers for Disease Control and Prevention reports that almost every single American over age 65 (96 percent) has had a cavity, and 20 percent have untreated tooth decay.”



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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 University 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 University 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.

To opt-out of e-mail correspondence, please send an e-mail with your preferences to: info@hammerleedentalcare.com

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'm pregnant, should I still come in?

Absolutely! During pregnancy, it is especially important to take good care of your teeth and gums. Pregnancy causes hormonal fluctuations that can make you more sensitive to the normal bacteria in your mouth. It is during this time that you are more at risk for developing gum disease. It is safe to get your teeth cleaned while you are pregnant, actually, it is also highly recommended.

Inflammation, anywhere in the body, results in increased levels of certain inflammatory markers and hormones circulating through the bloodstream to all parts of the body. Some studies suggest that this could lead to a higher risk of premature birth, and low birth weigh babies, although research continues.

It is important to maintain good

oral health before, during and after your pregnancy. It is important to let us know that you're pregnant (or if you think you might be) and any medications you are taking, when you come in for your appointment. Although many authorities feel it is safe to have x-rays (with a lead shield in place), have local anesthetic or have dental restorative work completed, we prefer to err on the side of caution and delay these items until after the baby is delivered. If there is an emergency that can't wait, we will consult with your obstetrician to determine the best course of treatment for you and your baby at the stage you are in.

Pay attention to your gums, and report any changes to us such as bleeding, swelling or tenderness. Morning sickness can also

cause issues with the teeth and gums. We can work with you on strategies to keep your gums healthy during your pregnancy.

The American Dental Association (ADA) recommends that pregnant women eat a balanced diet, practice good oral hygiene and schedule regular dental visits and periodic professional teeth cleanings. They also recommend avoiding elective x-rays or elective dental work such as tooth whitening.

The second trimester is considered ideal for dental work if it is necessary. The first trimester is the most crucial time in your baby's development, and during the third trimester it may be more difficult for you to lie in the dental chair, especially for more extended periods of time.

Your overall health is crucial

during pregnancy, be sure to include your oral health in your care routine and keep us informed of any changes.

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



Maintain good oral health for you and your baby