



Hammerlee Dental Care Newsletter

News Updates

We've had a lot of celebrations around the office lately!

Our assistant, Amanda, recently graduated from the Greater Altoona Career and Technology Center's Expanded Function Dental Assisting Program.

Amanda furthered her education, expanded her scope of practice and has been enjoying her new role in caring for our patients. This was a huge accomplishment for this busy mom who works full time. She spent many weekends making the trek to Altoona in the wee hours of the morning to complete her training. We are so very proud of her and held a "Jump

Party" at Vertical Jump Park to celebrate her accomplishment! Congratulations Amanda!

This summer brings two new babies and a wedding for our HDC family!

Dr. Cortney gave birth to a beautiful baby girl in May. We celebrated her new addition in May with a fun filled party at Round 1 at the Millcreek Mall. This was a fun "last blast" before she left on her maternity leave. A great time was had by all!

Our assistant, Cassie, is expecting a baby boy

in August. She's been doing great and feeling great and we are looking forward to her new addition as well.

Wedding bells will be ringing at HDC in August! Our hygienist, Beth, is getting married at the end of the month and we couldn't be more excited for her! You can read more on page 3 of this newsletter.



The HDC Team has had a lot to celebrate!

We Have A New Whitening System Available

New Colgate® Optic White® Professional
Simply beautiful whitening is now beautifully simple.

Now, you can whiten anywhere

In-office whitening	At-home whitening
Over 7 shade whitening improvement	Over 7 shade whitening improvement
30 minute treatment	10 minute treatment
Requires only 1 appointment	Once a day for 10 days
35% Hydrogen Peroxide	9% Hydrogen Peroxide
Reusable whitening device included	Reusable whitening device included

Touch-up gel (9% Hydrogen Peroxide) also available for 5 days of additional whitening. Ask your dental professional today about which option is best for you.

Simply beautiful whitening is now beautifully simple

Introducing Colgate® Optic White® Professional—a powerful new way to whiten your smile. Available exclusively at dental offices.

You can have a **simply beautiful smile**

Get noticeably whiter teeth with Colgate® Optic White® Professional. Available as in-office or at-home treatment.

On average, over 7 shade whitening improvement achieved*

Results in minutes

- Short treatment time
 - In-office: 30 minutes
 - At-home: 10 minutes a day
- Powerful, ionic technology for fast whitening without light or heat.

*This shade whitening is based on 7 shade improvement in-office or at-home over 10 days. Clinical results show 8 shade improvement for in-office and 7.5 shade in-office.

Designed for **comfort and no tooth sensitivity**

Small, portable, reusable whitening device allows you to treat freedom to use phones and move about while you whiten your teeth.

- Comfortable silicone mouthpiece
- Specialty formulated gel is applied to maximize whitening performance

Simply touch button to start whitening process

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On Our Website You Can:

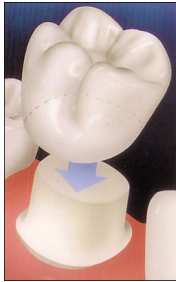
- Check your scheduled appointments or make an appointment request
- Complete necessary forms
- Refer a friend
- Learn about our staff and services
- Access a wealth of dental health information
- Read our previous newsletters
- Provide valuable feedback and contact us

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Service Spotlight: Crowns or “Caps”



Artist's interpreta-

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-

shapened 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: Space Maintainers

Space maintainers help “hold space” for permanent teeth to be able to erupt into. Your child may need one if he or she loses a baby tooth prematurely, before the permanent tooth is ready to erupt.

If a baby tooth is lost too early, sometimes adult teeth can erupt into the empty space instead of where they should be. When more adult

teeth are ready to come into the mouth, there may not be enough room for them because of the lost space.

Other times, the adjacent teeth tilt into the open space, eliminating the opening for the permanent tooth to erupt into, leaving it impacted in the gums.

To prevent this from happening, Dr. Hammerlee may recommend a space main-

tainer to hold open the space left by the missing tooth.



Images Provided Compliments of Space Maintainers Laboratory © 2003

An example of a space maintainer

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

Feature Patient:

This edition’s feature patient is Amari Brunson. Amari is a Sophomore at Villa Maria Academy here in Erie and is 16 years old. She traveled to Chicago on a school trip not too long ago and had a fantastic time.

Amari likes to dance! She likes to step and her step team is called SIA Step Team.

Amari is the oldest of three

children. For her career, she would like to be a Pediatric Dentist or Orthodontist. Her teeth are her favorite thing that she likes about herself.

In addition to keeping very busy with school and dance, she is also volunteer for her aunt’s small business, Rent-A-Toon.

We love to see Amari and her beautiful smile here at the

office!



Amari Brunson



Did You Know ...

... that wedding bells will be ringing this summer around Hammerlee Dental Care?

Our hygienist, Beth, became engaged on Christmas Eve and has been busy planning her wedding ever since. Beth's fiancé, Mike Owens popped the question and everyone here at the office is so very happy for her.

Beth was completely surprised when Mike popped the question. He had chosen a beautiful ring (all by himself) made of rose gold and diamonds and now is completely obsessed with rose gold! She's added a rose gold necklace and a rose gold watch to her collection to go with her wonderful ring.

Beth and Mike are planning

on a beach wedding in late August. Presque Isle will make a perfect backdrop for their ceremony. Their reception will be an outdoor event at Pleasant Ridge Park.

After the wedding, honeymoon plans are set for Ocean City Maryland. Neither Beth nor Mike have been there yet, so it's a perfect spot for them to explore together. Best



The future Mr & Mrs Owens

Prevention Is The Key: Gum disease may be the cause of Alzheimer's - here's how to avoid it *By Clare Wilson and Debora MacKenzie*

Bacteria that cause gum disease have been implicated as a cause of dementia. Here's what you need to know.

What is gum disease and why should I be worried about it? Gum disease, also known as gingivitis in its mild form, occurs when bacteria accumulate in tooth plaque, causing inflammation, receding gums and bleeding. If it progresses to the more serious form, periodontitis, it can lead to abscesses and tooth loss.

So why are we talking about it now? It turns out that one of the key bacteria that cause gum disease - Porphyromonas gingivalis - may also be the root cause of Alzheimer's disease, a form of dementia.

Yikes. How do I know if I have gum disease? Occasional bleeding from the gums when you clean or floss your teeth doesn't definitely mean you have it, as you may just have been too rough. But dentists advise that any bleeding should be checked out. Other signs include soreness around the gums and bad breath.

What should I do about it? Researchers are working on a vaccine and a specific anti-toxin

for *P. gingivalis*, but these are some years away from reaching the clinic. Until then, your best bet is taking the usual steps to avoid gum disease.

Which are? Listening to your dentist, for a start. They advise cleaning your teeth twice a day, and flossing or using interdental sticks to get plaque out from the gaps. Too vigorous brushing can get oral bacteria into the bloodstream, so take it easy. But if plaque is allowed to build up it can become mineralized, turning into hard tartar, which encourages the growth of more plaque towards the tooth roots.

I may have left it too late... If tartar has already taken hold on your teeth, it can't be removed by ordinary brushing and must be scraped off at the dentist. The UK's National Institute for Health and Care excellence advises seeing your dentist at intervals ranging from 3 months to 2 years, depending on the state of your teeth and other health factors.

Anything else I should do? All the usual general health advice applies here. Smoking makes gum disease worse and harder to treat. And a good diet and exercise regime reduces low-level chronic inflammation,

which is bad for your gums and your brain. It may be no coincidence that general physical ill-health makes Alzheimer's worse.

So are we all doomed? Gum disease is very common - according to the UK's National Health Service, most adults have it to some extent and clearly not everyone ends up with Alzheimer's. There's still much we don't understand, but it could be a question of how much bacteria are present, or how good your body is at dealing with them.

Hang on, didn't people used to be terrible at brushing their teeth? You might think that our ancestors' poor oral hygiene would make them more susceptible to Alzheimer's, assuming that *P. gingivalis* is indeed responsible. But in the past, fewer people would have reached old age when Alzheimer's rates increase. In the UK, for instance, about 30 per cent of people over 90 have dementia, but only 3 per cent of 70-75-olds. †

† Website: <https://www.newscientist.com/article/2191842-gum-disease-may-be-the-cause-of-alzheimers-heres-how-to-avoid-it/> Accessed June 30, 2019.

“Researchers are working on a vaccine and a specific anti-toxin for *P. gingivalis*, but these are some years away from reaching the clinic. Until then, your best bet is taking the usual steps to avoid gum disease.”



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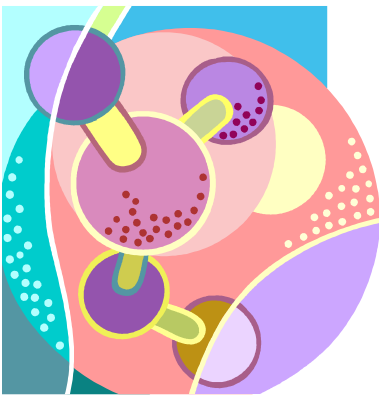
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Caption describing picture or graphic.



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

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Q & A: Is it true that you can e-mail and/or text me appointment reminders?

Absolutely! We strive to keep up with the latest technology available to make the most convenient options available to our patients. We have a fantastic automated system that we can customize for each individual patient's liking.

E-mail: you can receive e-mails to remind you that you are due for an appointment as well as e-mails to remind you of an upcoming appointment. The appointment reminder e-mails have the added ability to confirm your appointment with one click of your mouse! This communicates directly to your appointment in our schedule and lets us know that you have confirmed your upcoming appointment. Make sure we have your current email on file the next time you're in the office.

Text: if you choose to receive text reminders for your appointment, a short message will be

texted to you. You will automatically receive it one day prior to your appointment notifying you of the date and time of the appointment. For your convenience, our phone number will appear on the text to quick link a call to us if necessary. Remember to keep your mobile number updated with us!

Postcards: you can still receive your appointment reminders, as well as reminders you are due for an appointment, by mail.

Phone: as always, we will call you to remind you of your upcoming appointments as well.

We have many correspondence options available for our patients and would be pleased to set up your preferences for you. Feel free to call us or notify us when you

are in next and we will configure your choices for reminders to meet your needs.

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



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