

Hammerlee Dental Care Newsletter

excellence in a comfortable setting



News Updates

If you've visited the office recently, you've seen something new in our reception area. We've installed a new digital signage monitor that is providing a tailor made informative, yet fun, program for you while you're here. Our program features high quality educational information about dental health topics and services we provide here at Hammerlee Dental Care. Peppered throughout the program is fun staff trivia to help you get to know our team on a more personal level. Real time weather and news are displayed to keep you up to date on all of the latest happenings. Additionally, live feeds from our Facebook page cycle through. Next time you're here, hop on our free WiFi and "check in", like or post on our

Facebook page and watch it pop up on our big screen!

We have continued to appreciate having Dr. Adam Hammerlee here at Hammerlee Dental Care! Dr. Adam has enjoyed getting to know different patients and we are grateful to have a second dentist with us to provide additional quality care for our patients.

Dr. Bill is continuing his quest to obtain a Master's in the Academy of General Dentistry. He attended the AGD meeting in Scranton this past September. Dentistry and dental techniques and materials are evolving so rapidly. Dr. Bill values these continuing education conferences and we here at HDC are committed to staying on the cutting edge



Jody shows off our new digital

of all the new developments in all aspects of dentistry.

Linda completed a very informative continuing education course in November. The topic was oral care for patients undergoing cancer therapy and she learned about some of the newer products and techniques to help our patients in cancer treatment.

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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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Zoo Boo 2012

The Erie Zoo's 2012 Zoo Boo was another smashing success! Hammerlee Dental Care was proud to support our wonderful Erie Zoo during the two week long event again this year. We sponsored a trick-or-treat booth that handed out toothbrushes and sugarless gum to kids 12 and

under. Attendance was superb and one night there were over 6,000 attendees! We so appreciate Stacie, our hygienist, being the Toothfairy and visiting with children around our booth and reminding them of the importance of brushing and flossing after indulging in all of that deli-



Linda, "Steve" from Minecraft, the Toothfairy and Dr. Bill visit our

cious (but sugary!) Halloween candy.



Service Spotlight: Occlusal (or “Night”) Guards

Occlusal guards are commonly referred to as night guards and sometimes bite plates or occlusal splints. These guards are a special kind of mouthguard that is a removable appliance that is designed to fit on one arch of the mouth. They are used to protect tooth structure and restorations for people prone to grinding their teeth at night (bruxism) or nighttime clenching. They also serve to reduce subsequent muscle strain.

A dental laboratory makes this custom fit

appliance out of a specific heat-cured acrylic resin. This durable resin allows for a longer life span of the appliance than many softer materials such as those used for sports mouthguards or whitening trays.

These guards are made to fit over all of the upper or all of the lower teeth. Each person and situation is different, and Dr. Hammerlee will deter-



Occlusal Guard

mine whether he would recommend an upper guard or a lower guard based on your individual situation. Occasionally, both an upper and lower guard is recommended in certain exceptional cases.

These guards are worn each night during sleep on a long term basis to alleviate damage and discomfort due to nocturnal gnashing.

Children’s Dental Health: Toddler Toothbrushes

What toothbrush is best for your toddler? That depends on how cooperative your cutie is at brushing time. Is he happy to open wide? Then use a brush with a long handle that lets you maneuver around your eager brusher’s mouth. Got a case of bathroom lockjaw? Try finger brushing. Finger toothbrushes slip onto your index finger and have soft bristles at

the tip, which may help get a stubborn toddler used to having his teeth cleaned. Or buy a colorful brush with his favorite character — maybe he can even choose it himself. Does two minutes seem like forever to your wee wiggler? Sing a song, tell a story, or ask a nightly riddle as you brush — anything to distract and make the time pass more quickly. Or buy a

“Whatever type of toothbrush you use, replace it every three to four months or when your child has been sick.”

toothbrush that lights up, plays music, or makes a noise after the job’s done. Whatever type of toothbrush you use, replace it every three to four months or when your child has been sick.

Feature Patient: Linda Straub

Yes ... there is another Linda Straub! This Linda Straub resides in Erie Pennsylvania, where she was born and raised, with her husband and their four children.

She is a member of the Erie County Historical Society and is involved with several churches and non-profit organizations within her community. As an Artist she has had the honor to present her jewelry as gifts, to many well known personalities. Her business has been featured on

CNN as well as on a number of local television stations and other media in Erie, Pennsylvania and New York State. At www.LindaStraub.com you can see how the "History is in The Making" as Linda preserves memories by transforming repurposed materials, like family wooden cribs, old jewelry, and endless other materials, into new one of a kind handmade keepsakes. As an Author, she published her first book entitled The Beauty of

Barns, which is certainly not just about barns. In addition, Linda also does inspirational speaking, talking about her book and her life story . Linda has a passion for our community, preserving history and memories, and loves to share her passion and story.



Linda Straub



Did You Know ...

... that Dr. Bill now has *two* grandsons?

Yep, that's right! "Bubba", as they call him, is the proud grandfather of James and John. Dr. Bill's daughter, Beka, and her husband, Zak, welcomed the newest edition to the family on October .

Many of you know James from previous newsletters and our Facebook page. James turned 2 in September and loves when his Bubba sings to him.

John was born on October 15th and his big brother, James, loves him so very much!

Dr. Bill, his wife Valerie, and their three other children, Dr. Adam, Laura and Sarah recently went to visit Beka, her husband and their two boys in Kentucky, where they reside. Dr. Bill is looking forward to spending a wonderful Christmas with the entire family.



James (2), and John (2 months)

Prevention is the Key: Bacterial Endocarditis

Endocarditis is an infection of the inner lining of your heart (endocardium). Endocarditis typically occurs when bacteria or other germs from another part of your body, such as your mouth, spread through your bloodstream and attach to damaged areas in your heart. Left untreated, endocarditis can damage or destroy your heart valves and can lead to life-threatening complications. Treatments for endocarditis include antibiotics and, in severe cases, surgery. Endocarditis is uncommon in people with healthy hearts. People at greatest risk of endocarditis have a damaged heart valve, an artificial heart valve or other heart defects. To help prevent endocarditis, make sure to practice good hygiene:

Pay special attention to your dental health — brush and floss your teeth and gums often, and have regular dental checkups.

Avoid procedures that may lead to skin infections, such as body piercings or tattoos.

Seek prompt medical attention if you de-

velop any type of skin infection or open cuts or sores that don't heal properly.

Because people with the following heart conditions are at risk of more-serious outcomes from endocarditis, they may need to take preventive antibiotics before certain medical or dental procedures to prevent endocarditis:

Artificial (prosthetic) heart valve

Previous endocarditis infection

Certain types of congenital heart defects

Heart transplant complicated by heart valve problems

Certain dental and medical procedures may allow bacteria to enter your bloodstream. Antibiotics taken before these procedures can help destroy or control the harmful bacteria that may lead to endocarditis.

Antibiotics are recommended only before the following procedures:

Certain dental procedures (those that cut your gum tissue or part of the teeth)

Procedures involving the respiratory tract, infected skin or tissue that connects muscle to bone.

Antibiotics are no longer recommended before all dental procedures or for procedures of the urinary tract or gastrointestinal system.

If you've had to take preventive antibiotics in the past before your dental exams, you may be concerned about these changes. In the past, you were likely told to get antibiotics because of a concern that common dental procedures increased your risk of endocarditis. But as doctors have learned more about endocarditis prevention, they've realized that endocarditis is much more likely to occur from exposure to random germs than from a typical dental exam or surgery.

This doesn't mean it's not important to take good care of your teeth through brushing and flossing. There is some concern that infections in your mouth from poor oral hygiene might increase the risk of germs entering your bloodstream. In addition to brushing and flossing, regular dental exams — at least yearly — are an important part of maintaining good oral health. †

† "Endocarditis", Mayo Clinic, August 11, 2011, Web: <http://www.mayoclinic.com/health/endocarditis/DS00409> ; accessed November 13, 2012.

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

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 Fellow in the Academy of General Dentistry.



Dr. William Hammerlee

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.

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: What are those magnification glasses that Dr. Bill, Dr. Adam and Linda wear?

They're called loupes and they are amazing! Loupes are, quite simply, small magnification devices attached to our safety glasses used to see small details more closely.

As you can imagine, loupes are very beneficial for us, and you, during dental procedures. They assist us in diagnosing and evaluating, as well as seeing tiny things such as a crack in a tooth. Dental work is done on a very small scale ... millimeters to be exact. Our loupes help us achieve a level of precision that can't

be obtained with the naked eye.

Dr. Bill, Dr. Adam and Linda all have a high intensity LED light attached to their loupes. As you can imagine, many areas of the oral cavity are hard to see and sometimes our overhead lamps can't illuminate the areas as well as we would like. This focus beam light follows the precise area in which we are working to eliminate that issue.



Dental magnifying loupes with attached light

The doctors are typically working on one or two teeth at a time, so their loupes are 4x magnification. Linda is usually

working in a segment of the mouth that includes 3-5 teeth, so hers are 2.5x magnification. Each set is custom designed for the individual and calibrated to the distance from their eye to the patient.

Dr. Bill, Dr. Adam and Linda have been so impressed by their loupes and lights that they don't want to ever be without them! Here at Hammerlee Dental Care, we believe that enhanced visual acuity during patient care results in a higher quality standard of care for you, our patient, and that is our goal.

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