



excellence in a comfortable setting

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Hammerlee Dental Care Newsletter

News Updates

Hammerlee Dental Care visited St George School in March for a fun and educational visit. Dr. Bill, Linda and our very own Toothfairy enjoyed spending time with the kids in pre-school, kindergarten and 1st grade. The Toothfairy is always a big hit, as is Dr. Bill's juggling part of the presentation!



St. George School Visit

Our office was proud to make a donation to the Big Brothers & Big Sisters

Organization in April. We provided them with kid's toothbrushes and toothpaste for the kids in the program.

Dr. Bill recently attended the Pennsylvania Academy of General Dentistry with his son, Adam, who recently graduated from dental school. The weekend long meeting was held at a Nemaquin Woodlands resort and Dr. Bill gave a case presentation to other dentists at the meeting as he works towards his Masters in the Academy of General Dentistry.

Linda & Stacy have been continuing education as well. In the last couple of months, Linda has completed 3 webinars

and attended seminars on oral cancer and record keeping and Linda and Stacie attended courses together on local anesthesia pharmacology and diabetes.



Hammerlee Dental Care was proud to be a team for The 2012 Highmark Bowl for Kids' Sake! We had a fantastic time and raised money for a great cause, the Big Brothers & Big Sisters Program.

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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

Is there (another) doctor in the house?

It's official! Adam Hammerlee has graduated from the University of Pittsburgh School of Dental Medicine.

On May 20, 2012, Adam received his DMD (Doctor of Medical Dentistry) at a wonderful diploma ceremony at

Heinz Hall in Pittsburgh. We are all very proud of Adam and his accomplishment of being accepted into and completing dental school. We are excited that Adam is joining the Hammerlee Dental Care Team. Congratulations Adam!



Dr. William Hammerlee and Dr. Adam Hammerlee

Service Spotlight: Topical Fluoride Varnish

Fluoride varnish is a topical fluoride treatment that is “painted” on to the tooth structure, as opposed to the tray system where the patient bites on a tray full of fluoride gel or foam. Topical fluoride treatments can help strengthen weak tooth structure, desensitize sensitive areas and help prevent decay.

Fluoride varnish is a high concentration fluoride treatment mixed with an adhesive agent



Topical Fluoride Varnish Application

that is painted on the teeth with a brush. The process is quick and easy. The varnish will “set” when it comes in contact with saliva, and it will adhere to the teeth.

Some varnishes may be light yellow or light pink in color, and may show up on the tooth structure. This coloration wears away after a few hours. Additionally, the teeth may not feel completely smooth

in the first hours after the application. The fluoride slowly saturates into the tooth structure until the varnish has worn away.

This procedure is preferable for very small children, developmentally disabled patients or for those patients with a strong gag reflex that have difficulty tolerating the fluoride trays.

After the treatment, patients should avoid eating for 4 hours if possible, eat soft foods for the rest of the day and refrain from brushing until the following day.

Children’s Dental Health: Teeth Grinding in Children

It is very common for young children to grind their teeth in the night. Although it may sound awful, parents need not worry too much about it in young children.

Usually grinding quits on its own by age 7 or 8, once the permanent first or “six-year” molars are fully in place, providing a solid bite. Prior to this, the bite is somewhat flexible with the baby teeth, and subject to many changes during development.

“The important thing is regular dental exams for your child so we can track wear patterns and intervene if treatment is necessary.”

So ... what is a parent to do? Rhea Haugseth, a pediatric dentist and president-elect of the American Academy of Pediatric Dentistry says, “If the child is still very

young with baby teeth still present, nothing needs to be done as we do not want to affect their growth. If the child is older, intervention may be necessary. The plan is to protect the permanent teeth while not negatively affecting their normal growth.” The important thing is regular dental exams for your child so we can track wear patterns and intervene if treatment is necessary.

Feature Patients: Sue & Lee Schierer

Sue and Lee Schierer have been patients of Dr. Hammerlee since 1988. Sue is a homemaker and Lee recently retired from Erie Management Group. They returned to the Erie area in 1976 after Lee left Navy active duty. He joined the reserves and served a total of 26 years retiring as a Captain. Lee also worked at American Sterilizer, Channellock and Swanson Systems. They have two grown children and four grandchildren.

Lee hunts pheasants with his Brittany, Rudy and also enjoys boating and fishing in Lake Erie. They are both actively involved in Weis Library United Methodist Church, where Lee has held various leadership positions and Sue teaches an adult Sunday School Class. Sue, knits, gardens and loves to cook. Lee also does many woodworking projects. They both enjoy traveling, having recently taken their entire family on a western Caribbean

Cruise to celebrate their 40th anniversary two years ago and visited England and Scotland with their 12 year old granddaughter last summer. They are about to leave on a three week cruise and RV trip to Alaska.



Lee and Sue Schierer at Kilauea Caldera on the Big Island of Hawaii

Did You Know ...

... that we have an “Idol worshiper” in the office? Well, okay ... she doesn’t worship American Idol, but our assistant, Renee, really likes it!

Renee is a faithful Idol watcher and has been for 4 or 5 years now.



Renee loves American Idol!

Some of her favorite people that have appeared on the show include Scotty McCreery, Adam Lambert and David Cook.

This season, Renee’s favorite was Joshua Ledet. She loved his style and his voice and his ability to hit the high notes made him one of the most impressive con-

testants this season, as far as Renee is concerned. She was so disappointed to see him eliminated!

One of Renee’s least favorite judges from the past was Simon Cowell, but she likes all of the judges from this season.

If you’re an Idol fan too, be sure to tell Renee **your** favorites the next time you’re at the office!

Prevention is the Key: Tooth Staining

It just doesn’t seem fair: heart-healthy foods and beverages like red wine, dark chocolate, coffee, and berries can help keep your body young, but they may also stain your teeth, making you look older. If you want to prevent tooth discoloration – or if you’ve whitened your teeth, and want to protect that investment – here are some tips to keep those pearly whites, well - pearly white.

Two of the main threats to white teeth are acidic, and deeply-colored, foods and drinks.

Acidic foods: These are problematic for your teeth because they can erode the enamel, making teeth more translucent, which reveals the yellow-brown dentin underneath. The result: teeth with a yellowish hue. Acids in foods also weaken tooth enamel, making it more vulnerable to abrasion, wearing, and staining. Limit your consumption of sports and energy drinks, soda pop, and wines, including white wine, as these are all acidic. Teas and coffee can also have high acidity levels.

Deeply-colored foods: Many dark foods that are nutritious are unfortunately likely to stain your teeth. These include red wine, dark chocolate, teas, intensely -pigmented berries like raspberries, blueberries, and blackberries, as well as colored sauces like tomato, curry, and soy sauce. Crushing berries and vegetables like spinach and kale in smoothies, further releases their pigment into the beverage, and onto your teeth. Soda pop and energy drinks containing dyes may

also stain your teeth.

As dentist, and member of the American Academy of Cosmetic Dentistry Dr. Kellee Stanton stated in an interview, “If it will stain your tablecloth, or your tongue, it can stain your teeth.” Foods and drinks that are both dark, and acidic, constitute a double whammy against **w h i t e t e e t h**. Sweet foods: Candy and other sugary foods threaten tooth whiteness by softening enamel and allowing plaque to **d e v e l o p**. What you can do: If you don’t want to limit your consumption of many healthy foods and beverages because they’ll stain your teeth, here what Stanton recommends:

Don’t let these foods and drinks linger in your mouth. The less time they spend on your teeth, the lower the chance of staining.

Rinse with water. If you love to savor your red wine, keep a glass of water nearby and swish immediately afterwards to rinse, then swallow.

Add crunchy fruits and vegetables to your salad plate, if you’re eating berries that can stain. The crunchy foods will help cleanse your teeth.

Use a straw. Though not an appealing idea for wine drinkers, using a straw can help smoothies and juices bypass your teeth.

Finish a meal with a piece of cheese, or a glass of milk. These help neutralize the acid in foods, and contain calcium, which

strengthens teeth.

Wait 30 minutes before brushing your teeth after eating acidic or staining foods. This gives weakened enamel a chance to toughen up, so it’s less vulnerable to abrasion.

Brush teeth for a full 2 minutes, and use a high-quality electric toothbrush if it’s within your budget, to keep plaque off your teeth.

Floss regularly. This keeps stains from developing between teeth.

Chew sugarless gum, which increases saliva flow. This helps rinse your teeth. Gum which contains the artificial sweetener xylitol can help prevent cavities, just keep it away from your pets as it can be extremely toxic to dogs in particular.

Limit the use of whitening toothpastes to 1-2 times per week, as they can be abrasive.

Follow cautions from the manufacturers of home whitening kits. Using products containing peroxide too often can damage enamel, which can make teeth look gray.

Use a toothbrush with soft bristles.

Since certain anti-bacterial mouthwashes and other medications like liquid iron supplements, and some antihistamines, can contribute to teeth staining, you may want to consult your dentist or physician, about alternatives†

† <http://longevity.about.com/od/lifelongbeauty/a/Keep-Your-Teeth-White-And-Looking-Younger.htm>

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Dr. William Hammerlee has been a dentist in Erie, Pennsylvania 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 and the Erie County Dental Association, as well as a Fellow in the Academy of General Dentistry.



To opt-out of e-mail correspondence, please send an e-mail with your preferences to: jody@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: Do you offer financing for my dental treatment?

Yes! Oftentimes financing can be an obstacle for obtaining the healthy and beautiful smile that you deserve. Even if you are fortunate enough to be covered under a dental insurance plan, we realize that they do not cover costs completely.

We are pleased to offer our patients a financing program by Citibank USA, N.A. that is designed to help give our patients financial peace of mind for affordable payment options. You may choose the zero percent financing plan that is best for you, with the aid of our business manager, Jody.



Zero percent financing plans are available for dental treatment.

Jody will put your best interest first in helping you decide on the right plan for your recommended treatment. She will work with you, and your insurance as well, to help maximize your dental insurance benefits and minimize your co-payment obligation.

The Citi Health Card program is designed to help us give our patients what they value—affordable ways to pay for their healthcare treatments and start their procedure without delay. It is simple to apply at our office and we are confident you will benefit from the Citi Health Card for all of your dental care needs.

With 6 or 12 month

No Interest Payment Plans, the Citi Health Card program has a Zero Percent Financing plan to meet every patient's needs. There are also low interest extended payment plans up to 60 months available for patients wanting a longer repayment term. Jody would be happy to go over the specific payment options with you.

We look forward to working with you in our office. You will find our staff very friendly and helpful to make your dental visits pleasant and rewarding!

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