

# Hammerlee Dental Care Newsletter



Hammerlee Dental Care

## News Updates



June 3, 2013

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We have made a major upgrade here at Hammerlee Dental Care! In May, a new digital panorex x-ray machine was purchased. Our new GXDP-700 is the state of the art in dental imaging and allows us the ability to take a wide variety of images with the utmost quality and comfort for our patients. This completes the conversion in our office from analog to digital. There are many advantages of digital imaging. Included are less radiation exposure for the patient, higher quality imaging with the capability of contrast adjustments,



Dr. Adam with our GXDP-700 imaging system

and the ability to magnify areas of concern for a better diagnosis. Also, the image can be viewed in a matter of seconds.

The images are a wonderful educational tool. We can show them to you clearly on the 22" monitors in our treatment rooms, to help explain your dental health and answer any questions you may have.

Over the past 5 years it has been our objective to make our office as technologically

advanced as possible, be efficient with your time as well as be environmentally responsible. Since our imaging is now completely digital, we no longer need the traditional developer and fixer chemistry, thereby reducing our environmental footprint.

We are always committed to continuing our dental education. Dr. Bill and Dr. Adam attended a four day course at Bedford Springs, PA with the Pennsylvania Academy of General Dentistry recently. Dr. Bill is working towards his Master's in the AGD and gave two presentations. Dr. Adam is working on his Fellowship in the AGD.

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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

## Bowl for Kids Sake 2013

Hammerlee Dental Care was once again proud to be a part of Bowl for Kids Sake, benefiting the Big Brothers Big Sisters program. The whole staff came out for a night of food and fun and Jody and

Dr. Bill were the high scorers on our two bowling teams!



The 2013 Hammerlee Dental Care Bowl for Kids Sake Team

## Service Spotlight: Baby Tooth Extraction



Occasionally, baby teeth need a little help coming out. This can happen for various reasons. Sometimes, baby teeth fail to fall out and their permanent counterparts erupt next to the baby teeth they intend to replace. We commonly see this in the bottom front incisor area.

Usually, pressure from the advancing permanent teeth causes the root of the baby tooth to resorb, causing it to become loose and fall out. If the permanent tooth isn't directly under the baby tooth, or if it doesn't dissolve

the baby tooth root fast enough, it will follow the path of least resistance and erupt next to the baby tooth.

In these cases, Dr. Hammerlee may recommend that the baby tooth/teeth are taken out. If caught early enough, and there is adequate spacing, the permanent replacement (s) will rapidly drift into the correct position.

Extraction of these retained baby teeth can

be quick and simple with a numbing gel. Other times, the child may need nitrous oxide ("happy gas") and local anesthesia. In certain cases, a referral to an oral surgeon is warranted. Bleeding is rarely a concern and usually stops within 30 minutes.



Permanent incisors erupting behind re-

Most kids do exceptionally well for this procedure and look forward to a visit from the Toothfairy. Inflation has also influenced the value of baby teeth found under the pillow!

## Children's Dental Health: Thrush

Thrush is another name for a common, harmless yeast infection called "oral candidiasis". We all have yeast as part of our normal digestive system but when it overgrows due to an imbalance, thrush occurs.

The most common characteristic of thrush is white patches appearing usually on the tongue and/or inside of the cheeks, and sometimes on the gums,

roof of the mouth or the throat. When the white is wiped off, you see a red, irritated area underneath and it may bleed. Thrush can occur at any age, it is most commonly seen in babies.

**"Most cases of thrush clear up by themselves but others require an oral antifungal prescription"**

Most cases of thrush clear up by themselves but others require an oral antifungal prescription, especially if the baby is irritable or it interferes with eating. Care should be taken not to pass the infection back and forth between a baby and a breastfeeding mother and it is important to clean and sterilize pacifiers when an infection is present.

## Feature Patient: Leslie Alexander

Leslie Alexander is a professional member of the American Herbalists Guild and one of five registered herbalists living and working in the Commonwealth. She's co-owner of Restoration Herbs, in Franklin PA, where her clinical practice is based.

A general practitioner, Leslie has a particular interest in oral health. Indeed, her soon to be published book on herbs for the mouth was written jointly

with Linda Straub-Bruce (yes, that's "our Linda"). This important home-reference and study guide focuses on herbs to sustain oral health throughout life. The emphasis on "how-to" includes numerous tips on selecting and preparing herbs naturally. (We'll keep you posted!)

To schedule a personal consultation or a workshop on medicinal herbs, contact Leslie by calling Restoration Herbs



Leslie Alexander, PhD, RH (AHG)

(814) 374-4119 or by emailing her at [Leslie@RestorationHerbs.com](mailto:Leslie@RestorationHerbs.com).

## Did You Know ...



... that one of our Registered Dental Hygienists used to be a Dental Assistant?

Many of you know our part-time hygienist, Beth. She has been working with us since April of 2002. Beth was a dental assistant in '96 and '97 prior to going to the University of Pittsburgh School of Dental Medicine. She earned a Certificate of Dental Hygiene in 1999 and her Bachelor's of Science Degree in 2000. In 2011, she obtained her license to administer local anesthesia and became a licensed

Public Health Dental Hygiene Practitioner as well.

Beth is the mom of two adorable boys. Carson is 6 years old and little brother, Ross, is 3. She has been married to her wonderful husband, Jeff, for 8 years. The Peterson family has one additional member ... Abby. She is a



Beth Peterson, RDH, BS, PHDHP

lab that is full of energy, just like the boys.

Beth enjoys camping and hiking in the summer with her family. The Cook Forest area is one of her favorites. She enjoys rollerblading at the beach and her goal is to complete a Warrior Dash! She suffered a setback when she broke her leg this past December, but she's recovering and has her eye on 2014 for the Dash.

## Prevention is the Key: Good Taste: Top 5 Foods to Prevent Bad Breath

By Marin Gazzaniga for MSN Health & Fitness

Bad breath results from two key issues: oral hygiene and gastrointestinal health. Basically this means that breath odors originate not just inside the mouth but also from your digestive tract. The culprit in both cases is largely bacteria. Doctors will tell you that if you have bad breath, you should first make sure you are eating right (getting a balanced diet of protein, carbs, lots of fruits and veggies and plenty of fluids to keep the GI tract healthy) and brushing and flossing after every meal. But that still doesn't mean you might not be offending your friends and co-workers after lunch at the new Italian place. Here are some things you can ingest (or chew) that can help. **1. Chew on this.** Move over parsley, there are some new halitosis-fighting herbs in town. "Coriander, spearmint, tarragon, eucalyptus, rosemary and cardamom are all good for fighting bad breath," says Dr. Christine Gerbstadt, who has lectured on oral health. You can chew on fresh herbs or make tonics by steeping them in hot water (as a tea). These herbs make an excellent digestive as well—doubling the benefits of ending a meal this way.

**2. Get some active culture.** No, not

Cirque du Soleil, but yogurt. A recent study found that a serving of yogurt each day reduces the level of odor-causing hydrogen sulfide in the mouth. Apparently it also cuts back on bacteria in the mouth—plaque and gum disease were

**"Move over parsley, there are some new halitosis-fighting herbs in town."**

reduced in the study's yogurt eaters as well. Plus, the American Dietetic Association (ADA) recommends getting enough vitamin D from yogurt, cheese and milk if you're worried about halitosis because this vitamin creates an inhospitable environment for bacteria growth. Be sure to get the kind of yogurt with active cultures—not overly processed or sugar-added varieties.

**3. Crunchy types.** Apples, carrots, celery—basically any fiber-rich fruit or vegetable is your friend when it comes to fighting halitosis. "Inside your mouth, plaque build-up causes odors," explains Cynthia Sass, ADA spokeswoman and registered dietician. "Eating foods that increase saliva production keep the

mouth moist—and rinsed out. Also, many carbs and proteins can get stuck in your teeth—even healthy foods like whole grain cereal or chicken breast." So follow a meal with a Granny Smith (feel the saliva kick in at the mention of it?) to cleanse the mouth.

**4. Masking techniques.** Sugarless gum shouldn't replace brushing your teeth after a meal, but in a pinch it can freshen breath (masking odors) and is another way to increase saliva production to rinse away plaque and bacteria. Mints can mask as well, but only briefly—and go for sugarless. Sugar creates plaque, and no one wants a mint that makes breath worse.

**5. High C's.** Eating berries, citrus fruits, melons and other vitamin C-rich foods create an inhospitable environment for bacteria growth. A diet rich in vitamin C is also important for preventing gum disease and gingivitis—both major causes of halitosis. Get your C in foods, not supplements, which can cause gastrointestinal upset in some, according to Sass, and exacerbate bad breath.

Source: MSN Healthy Living; <http://healthyliving.msn.com/health-wellness/oral-care/good-taste-top-5-foods-to-prevent-bad-breath-1> Accessed: April 22, 2013

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*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*

*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.*

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

## Q & A: What kinds of polishing paste do you have?

When you come in to get your teeth cleaned, we polish your teeth with a special compound we refer to as “prophy paste”. It has ingredients in it that removes plaque and stain plus it also smooths the tooth structure so that bacteria cannot adhere as readily to the tooth.

Prophy paste comes in different “grits”, or levels of abrasiveness, ranging from fine to extra coarse. We choose the grit level appropriate for you and the amount and type of deposit you have on your teeth. The fun part is, you choose your flavor!

Here at Hammerlee Dental Care, we love options for our patients and our current list of flavors include:

mint, chocolate mint, orange, vanilla orange, tropical fruit, cherry, bubblegum, grape, cinnamon, strawberry, blueberry, chocolate fudge, cookie dough, raspberry, wintergreen, watermelon, vanilla, mocha latte, marshmallow, citrus mint, white chocolate, birthday cake, key lime pie, vanilla mint, pina colada and cotton candy!

Once you have made your flavor selection, we use a circulating rubber

cup to polish your teeth with your delicious decision.

It doesn't matter if you're a “basic” mint kind of person or want to try something new each time you're here, we have something for everyone here at Hammerlee Dental Care.



Prophy paste

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)