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Hammerlee Dental Care Newsletter



News Updates

What a summer it has been at Hammerlee Dental Care!

Once again, Hammerlee Dental Care was proud to Sponsor Roar on the Shore. The 2011 event was a huge success. The Flight 93 Memorial was this year's beneficiary and it is estimated that the event brought over \$26 million dollars into the local economy!

Dr. Bill participated in the opening parade and an organized ride to Chautauqua Lake on his Kawasaki Vulcan.



**Dr. Bill gets ready for the Roar
On The Shore 2011 Parade**

August in Erie means it's time for the Celebrate Erie Festival. This year, Hammerlee Dental Care donated toothbrushes and various other items to be used by the Wellsville team in the Kid's Zone for giveaways at the dental health table. Over 600 kids came through and the event was a huge success!

We continue to be excited about Invisalign. Our hygienist, Linda has been in Invisalign treatment for several months now and she so pleased with it and anxious to show our patients how simple and discreet tooth movement can be. She greatly enjoys showing off her "invisible braces" and welcomes any questions our patients may have about her experience with In-

visalign.

We are proud of Linda in having 1 of 36 photos chosen from nearly 20,000 civil war photos on this year's History Channel/Civil War Trust People's Choice Award. If you are so inclined, click here to see her photo, which is #19, "Kernstown Battlefield", and vote if you'd like:

www.civilwar.org/photos/annual-photo-contest/2011-peoples-choice-awards

This photo, and this battlefield, is significant to Linda, as her 8th Great Grandparents were the original owners of the land the battlefield sits on. William & Barbara Hoge were Pioneer Settlers that were the first to settle this area in the 1730's.

Congratulations to Dr. Bill!

On July 23, 2011, Dr. Bill received his Fellowship Award from the Academy of General Dentistry (AGD) at their annual session convocation ceremony in San Diego, California.

The AGD Fellowship is awarded for completing over 500 hours of continuing education and passing an intensive examination on all aspects of dentistry. This

advanced education designation is held by less than 7% of dentists nationwide, and less than 1% of dentists in the US and Canada.

Dr. Bill has been a member of the AGD for over 25 years. We are proud to emphasize again how important continuing dental education is for our office and for the benefit of our patients.



*Dr. Bill Hammerlee,
DMD, FAGD*

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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Nitrous Oxide Sedation is a safe and effective technique



Service Spotlight: Nitrous Oxide Sedation

Nitrous oxide, sometimes referred to as "laughing gas", is commonly used as a safe and effective sedation technique in dental offices to relieve pain and anxiety during dental treatment.

The gas is administered through a rubber mask placed on the nose of the patient. The patient will initially begin breathing 100% oxygen and Dr. Hammerlee will then increase the amount of nitrous oxide delivered until the appropriate dose is achieved.

The patient will begin to feel a pleasant level of sedation in anywhere from 30 seconds to 3 minutes and nitrous offers the flexibility of allowing Dr. Hammerlee to adjust the level to your comfort. The cheeks and gums of nearly one-third of patients will become numb. At the end of treatment, he will then return to delivering 100% oxygen to the patient for approximately 3-5 minutes, when all of the effects of the sedation are usually reversed.

Nitrous oxide sedation is a safe method with very few side effects. Higher doses may cause nausea in some patients, and obstructed nasal passages can interfere with the inhalation process. Unlike pharmaceutical sedatives, you can drive yourself to and from your dental appointment and you will not feel groggy after. It is highly effective in relieving mild to moderate anxiety and can even eliminate, or at least minimize, gagging sensations.

Characteristics of a well-fitted mouthguard

- Protective
- Comfortable
- Doesn't interfere with breathing/speaking
- Good retention—stays in place.
- Able to wear with orthodontics
- Sufficiently thick in critical areas
- Does not cause gagging, not too bulky
- Tasteless and odorless
- Tear resistant, durable

Children's Dental Health: Mouthguards

Each year, there are 15 million dental injuries in the US and research shows that approximately one third of those are related to sports injuries. Mouthguards can greatly reduce these injuries, as well as their severity by cushioning a blow to the face or mouth during team or individual sports. It can pre-

vent broken teeth and injuries to the lips, tongue, face and jaw.

The American Academy of Pediatric Dentistry recognizes that there are three types of mouthguards that are available. These are; stock or preformed (ready-to-wear), mouth formed, and custom fitted. Without question the custom - fitted appliance

which is made by a dentist is also the preference of athletes when they have been surveyed. When this is not available the mouth formed mouthguard is preferable to the stock or pre-formed mouthguard. Any mouthguard that is used will only be effective if it is properly fitted and properly worn.

Feature Patient: Shirley Hammerlee

This issue's feature patient is one that is very special to the Hammerlee Dental Care team! It is the matriarch of the Hammerlee Family, Shirley Hammerlee.

Shirley was born in Franklin, PA and played basketball and was a cheerleader in high school. She married her husband, Dale, in 1950 and they had 3 children: Marsha Marsh, of the highly re-

spected Marsha Marsh Real Estate Services in Erie; Adele Futtato, who lives in Orlando, FL and Dr. Bill. She has 12 grandchildren and 7 great-grandchildren (and another on the way!) and she is considered a mother or grandmother to many people in her life. She is wonderful to be around, caring and always has an encouraging word for all who she meets. Shirley is very supportive in



Shirley Hammerlee and her son, Dr. Bill

attending any event that her children and grandchildren participate in. She even attends Epic Faith Church to hear her grandson (and future dentist), Adam, play lead guitar and sing at their contemporary service.

Dr. Bill placed his first veneer on Shirley's tooth in 1985 ... and it still looks beautiful. She has been a loyal & happy patient ever since!

Did You Know ...

... that Jody is a whitewater rafter? Jody and her family, the "Benich Bunch", vacationed this past July in Ohiopyle, PA. They have made this an annual tradition and 2011 was their 7th consecutive year! They rented a log cabin which was great fun "roughing it" especially at pool side. They enjoyed the outdoors, scenery and sitting around the campfire sharing memories and a lot of laughter.

The Benich Bunch goes to the

Lower Youghiogheny River for their white water adventure through Laurel Highlands. This area is rated as Intermediate Class III Whitewater. They shared 3 inflatable single duckies and a large raft while 8 of them traveled down the river and rapids with a group of 20 other rafters & guides. It takes about 5 hours to complete.

This year 3 new rafters joined them on their trip including Jody's nephew. Even so, they

went in with a lot of confidence and did not have a guide in their raft when low and behold they took a major spill on a rapid named Pinball. They ricocheted off Pinball and hit Dimple just right ... (or wrong!) and flipped their raft dumping 6 of them into the roaring river with current. Yes, Jody was one of them! It was very exciting along with a few intense moments while they were getting rescued, but it had a happy ending and they all agreed to go again next year!



**Jody's Benich Bunch on their
7th annual Ohiopyle trip**

Prevention Is The Key: Oral Cancer

This year alone, more than 30,000 Americans will be diagnosed with oral cancer and 8,000 will die of the disease. More common than leukemia, Hodgkin's disease, and cancers of the brain, liver, bone and stomach, and is typically caused by long-term use of tobacco products, alcohol, and human papilloma virus (HPV) infection. Oral cancer is a major cause of death and disfigurement in the United States, according to the National Cancer Institute (NCI).

Approximately 75% of all oral cavity and pharyngeal cancers—mouth, tongue, lips, throat, parts of the nose, and larynx—are attributed to the use of smoked and smoke-less tobacco, according to the Centers for Disease Control and Prevention (CDC). Those who choose to use cigarettes, cigars, pipes, chewing tobacco, snuff, and/or bidis (cigarettes from India that come in a variety of flavors and con-

tain less tobacco than regular U.S. cigarettes, but have three times more nicotine and five times more tar) place themselves at a much higher risk of developing oral cancer and other diseases, such as heart disease and chronic obstructive pulmonary disease (COPD)—a term used to describe emphysema and chronic bronchitis. Studies also have linked chronic alcohol use to oral cancer. Researchers believe that chronic alcohol use, combined with the use of tobacco products, multiplies the risk. In addition, sun exposure is a risk factor for lip cancer.

According to CDC, oral cancer occurs twice as often in males as in females. This is considerably different from the 5:1 male to female ratio of 40 years ago. Increased tobacco use among women is the main reason for the changes in cancer rates compared with the rates in the 1950s. Age is also a factor; 95%

of oral cancer occur in persons over the age of 40, with 60 being the average age of diagnosis.

In its early stages, oral cancer can be treated in up to 90% of cases. However, if the cancer goes undetected, it can spread to other parts of the body and become more difficult or nearly impossible to treat.

The oral cancer screening—head and neck exam—is one of the most critical components of a routine dental hygiene and dental exam. Dental hygienists and dentists can alert patients to suspicious growths and changes, noted during head and neck exams, and urge them to seek medical care.

Source: National Institute of Dental and Craniofacial Research's (NIDCR) National Oral Health Information Clearinghouse in partnership with the National Cancer Institute, the National Institute of Nursing Research, the Centers for Disease Control and Prevention, and the Friends of the NIDCR.

Signs and symptoms of oral cancer can include:

- Sores that do not heal
- Lumps on the lip or in the mouth or throat
- White or red patches on the gums, tongue, or lining of the mouth
- Unusual bleeding, pain, or numbness in the mouth
- Sore throats that do not go away, or a feeling that something is caught in the throat
- Difficulty or pain with chewing or swallowing

One American dies every hour from oral cancer. Have you had your annual exam?



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 the Academy of General Dentistry.

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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.

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

Q & A: Do your sealants contain BPA?

No. Bisphenol A, commonly referred to as BPA, is a controversial substance used to make certain plastics and epoxy resins. BPA is an endocrine disruptor, which can mimic the body's own hormones and may lead to negative health effects. There have been various studies done on this substance worldwide, and many contradict each other.

While research continues, there have been many government and industry responses. The EPA considers it a "chemical of concern at this point, while the U.S. Department of Health & Human

Services released information to help parents to reduce children's BPA exposure. In September 2010, Canada became the first country to declare BPA as a toxic substance and in the European Union and Canada, BPA use is banned in baby bottles. Many countries as well as US states have proposed or are in the process of BPA restriction legislation.

Dental sealants are routinely applied to children's teeth to prevent cavities. While nearly all of these sealants contain BPA, there is one exception: Embrace

WetBond Pit & Fissure Sealant by Pulpdent Corp. We are proud to inform you that this is the exclusive sealant material used by Hammerlee Dental Care.

We take our patients' well being very seriously and are constantly researching the best dental materials available, and choosing the healthiest options available.

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

Click here
to follow us
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Our sealants are BPA free!