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# Hammerlee Dental Care Newsletter

## News Updates

We are so thrilled that Dr. Adam Hammerlee, Dr. Bill's son, graduated from the University of Pittsburgh School of Dental Medicine earlier this year. Many of you have already met him here at the office, and he is enjoying being such an important part of our Hammerlee Dental Care Team. Dr. Adam will be here at the office on a part time basis and will continue our tradition of providing high quality dental care for our patients. Needless to say, Dr. Bill is so proud of Dr. Adam and is delighted to be working side by side with his son. You can learn a little bit more about Dr. Adam on page 3 of this issue.

Dr. Bill was once again part of Roar on the Shore. This year, he was one of the lead bikes for both the Lake Escape East and Lake Escape West rides. He also rode in the Bringin' in the Roar parade and, despite the sprinkles of rain, nearly 3,000 bikes took part. Roar on the Shore 2012 was the sixth annual weekend-long rally and 80,000 people were estimated to be attendance this year.

As always, we're continuing our education! Dr. Adam attended a hands-on endodontic (root canal) therapy seminar on new techniques and materials available.

Linda & Stacie recently attended a seminar on the latest orthodontic techniques and treatments given by local orthodontist, Dr. Steve Iszkula.

Linda recently received word of her acceptance to the Pennsylvania Academy of Dental Hygiene Studies. She will be received and inducted at the Academy meeting held during Pennsylvania Dental Hygienists Association Keystone Dental Health Conference being held in Lancaster, PA this November. Additionally, Linda is now also a member of The American Academy of Oral Systemic Health.

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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

## Get Ready for Zoo Boo 2012!

For the fourth consecutive year, Hammerlee Dental Care is proud to be a sponsor of the Erie Zoo's annual "scary but not too scary" Zoo Boo event!

As always, we will have a trick-or-treat booth along the

trail and we will be handing out sugarless gum and toothbrushes to the children. Our very own Toothfairy will be around to greet the kids as well.

Zoo Boo 2012 runs from October 12 through October



30 from 6-9pm every night. Come on out and support our fantastic Erie Zoo and we'll see you there!

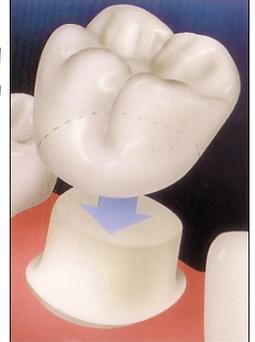
## Service Spotlight: Crowns or “Caps”

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-shaped 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.



Artist's interpretation of a crown being placed on a prepared tooth

## Children's Dental Health: The Avulsed Permanent Tooth

Quite simply, an avulsed tooth is a tooth that has been “knocked out”. This is one of the most serious injuries that can happen to a permanent tooth. Even with the best preventative strategies, accidents happen, especially with children.

So, how do you handle it? Act quickly! Pick the tooth up by the crown and be careful not to touch the root. If it is dirty, rinse it off with milk (water if milk is not

available) and do not wipe it. If the tooth is whole, put it back into the socket, but make sure it's facing the right way. If you are unable to do this, keep it moist and get to the dentist right away. Ideally, drop it in a glass of milk. An older child can tuck it inside the mouth between their cheek and gums. The next choice would be to have the child spit in a cup and keep it wet with saliva. If all else fails, keep it in a cup of water.

~ Re-implanted teeth will need repeated follow-up evaluation by the dentist to monitor healing. ~

A tooth should be re-implanted within an hour. Bone can reattach to a root and the tooth can be saved, however all avulsed teeth will need a root canal due to nerve and blood vessel damage.

## Feature Patient: Susan Forquer

Susan Forquer was born and raised in Erie. Her and her husband, Russell, have two daughters and four grandchildren. Susan, a social worker, has been an adoption caseworker with Family Services of NW PA for nearly 20 years.

Susan is a very active volunteer within our community. She is on the Board of Trustees for Gannondale and she and

Russell are very active in the Gannon University Alumni Association. Susan is also very involved with The Erie Women's Fund whose mission is to educate and inspire women, of all ages, in philanthropy and community engagement.

Susan believes strongly in volunteer work and feels you have to give in order to receive. She feels she has

been rewarded greatly in life and strives to make a difference in her community.



Susan Forquer

Susan is such a wonderful example for all of us and we are grateful for all that she does for our community.

## Did You Know ...

... that Dr. Adam is a musician in his spare time? He plays the guitar, piano, mandolin and the bass, and he enjoys singing.

When he was 10 years old, he began playing the guitar. His mother, Valerie, taught him Samba music first and he then took lessons at World of Music. Dr. Adam learned various types of music and began to focus on classical guitar. He took the music theory he learned from guitar and applied that to the piano, teaching himself how to play. He enjoys the variety of playing every style of music.

Dr. Adam has written his own music and recorded many songs, and he has also played for the Governor of Kentucky and with Erie native Pat Monahan, of Train, when he visited McDowell High School.

Currently, Dr. Adam plays every Sunday at Elevate Church (which is based out of Harding Elementary School). He plays electric guitar and keyboard during their rock & roll services. "We like to play loud music and rock out with a mix of music genres at Elevate. People enjoy hearing a different type of worship music that's

not traditional and is more modern." says Dr. Adam.

If you want to see Dr. Adam play guitar at Elevate, their services are held at 10:30am every Sunday ... and earplugs are supplied if you find it too loud!



Dr. Adam Hammerlee rocking out on his electric guitar at Elevate Church.

## Prevention Is The Key: Dental Anxiety

Not many people really *like* going to the dentist. But for some people, the thought of going to the dentist can bring on such a fear that they avoid getting the dental care they need. In fact, nearly half of adults skipped the dentist in 2009, according to the U.S. Centers for Disease Control and Prevention (CDC). Some people's fear of going to the dentist or getting dental procedures done is so severe that they lose sleep at night and worry excessively about what might happen at the dentist's office, says Kimberly Harms, DDS, consumer advisor and spokesperson for the American Dental Association, and a dentist in private practice in Farmington, Minn. Dental anxiety is common, with up to 15 percent of Americans avoiding seeing a dentist due to fear. Dr. Harms says that dental anxiety is more common in older people, who may have experienced dental care when technologies were not as advanced as they are today. "Children today have very few negative dental experiences, so we tend to see fewer problems among younger people," she says. But the older you are, the more likely you are to have had a dental procedure when anesthesia was less effective, or not used, and when dentists focused less on patient comfort. "Great strides have been made in focusing on making the patient comfortable," says Harms.

For people who have dental anxiety, the fol-

lowing strategies can help calm your fears:

⇒Communicate with your dentist. Harms says that the best thing you can do to get over your dental anxiety is to talk to your dentist about it. "A lot of patients don't feel comfortable talking with their dentists on a one-on-one level," she says. But remember that your dentist is a patient, too. In fact, Harms herself has dental anxiety that stems from her childhood dentist not using anesthesia when filling cavities. "If you are anxious about something," she says, "come right out and talk to the dentist about it."

• ⇒"Talk" with your hands. It can be difficult to speak when you have a mouth full of dental tools, so talk with your dentist before your procedure about how you will communicate should you have any discomfort or pain. Harms tells her patients to raise a hand if they feel any pain or sensation during a dental procedure. That way she can adjust the anesthesia and make sure the patient is comfortable.

⇒Get distracted. In Harms' office, patients are provided with video glasses so that they can watch movies during dental procedures. Watching television, listening to the radio, or just letting your mind wander can help ease some of your anxiety.

⇒Consider medication. If you are having a dental procedure that requires anesthesia, rest assured that anesthesia is much more effective today than it was in the past. For some patients, a sedative or nitrous oxide can also help calm their nerves, says Harms.

⇒Take a break if you need it. Harms says that some patients need to take breaks during dental procedures, when anxiety builds up or they start to feel claustrophobic. If you feel like you need a break, let your dentist know.

⇒Ask about sedation dentistry. In some areas, there are dentists who practice sedation dentistry, which is where you get dental care under partial or full loss of consciousness. Harms says that most patients probably don't need sedation dentistry, but for those whose dental anxiety is so severe that they refuse to get dental care any other way, it may be an option.

It could very well be that the unknown is what you fear, so don't be afraid to ask questions before a procedure and make sure that your dentist does everything he or she can to make you feel comfortable during your visit. And getting regular dental care is vital to your oral health, so it's well worth the effort.<sup>†</sup>

<sup>†</sup> Source: <http://www.everydayhealth.com/dental-health/you-and-your-dentist/dental-anxiety.aspx>

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5158 Peach Street  
Erie, PA 16509

www.hammerleedentalcare.com

Phone: 814-868-3647

Fax: 814-864-2715

E-mail: info@hammerleedentalcare.com

Click [here](#) to  
follow us on Facebook!



To opt-out of e-mail correspondence, please send an e-mail with your preferences to: [jody@hammerleedentalcare.com](mailto: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: Do you have Gluten-free products available for me?

Yes! First, let's talk about gluten. Gluten is a protein found in wheat and other grains (and foods processed with them). It is what gives dough its elasticity. Gluten proteins are harmful for a person with a condition called celiac disease.

Celiac disease is a lifelong, inherited, autoimmune condition that can affect both children and adults. When people with celiac eat foods that contain gluten, it creates an immune-mediated, toxic reaction that damages the small intestine and prohibits proper food absorption. Even the most minimal exposure can cause reactions. Health problems and damage to the small intestine can eventually occur, even when there are no symptoms present.

While celiac disease affects about 1 percent of the U.S. population, experts estimate that as many as 10 percent have a

related and poorly understood condition known as non-celiac gluten intolerance (NCGI), or gluten sensitivity.

Gluten sensitivity is a lesser reaction to gluten exposure, is not considered to be an autoimmune condition and may not be a lifelong issue. Symptoms include; bloating, abdominal discomfort, pain, or diarrhea; or it may present with a variety of extraintestinal symptoms including headaches and migraines, lethargy and tiredness, attention-deficit disorder and hyperactivity, muscular disturbances as well as bone and joint pain.

When celiac disease is present, even the tiniest amount of gluten can cause a major reaction. With that in mind, gluten-free products should always be used for any procedure inside the mouth due to even the slightest possibility of ingestion. Cos-

metics applied to the lips should also be gluten free for this reason. In the dental office, the topical numbing gel we use prior to local anesthesia and the polishing paste we use at a "cleaning" appointment are the products that typically contain gluten for optimal texture and consistency. Here at Hammerlee Dental Care, we have a specific line of gluten-free versions available for our patients with celiac disease and gluten sensitivity. It is important for us to know about any gluten issues you may have so we can use the best choice of products for you during your treatment.

*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)*



**Gluten is a protein found in wheat and other grains.**