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Volume 2, Issue 5



# HAMMERLEE DENTAL CARE NEWSLETTER

## News Updates

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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

Have you noticed some new faces at the office lately? This year we've welcomed several new staff members. Tammy Caldwell joined our business team at the end of February and we are so grateful to have her on staff full time as of this month.

In addition, we have two part time registered dental hygienists working with us. Dana Shaffer, RDH, BS and Amy Hart, RDH, BS have joined our team and bring a wealth of experience to our staff. Dana will be providing care for

our patients on Tuesday afternoons and Amy will be with us on some Wednesday afternoons and every Thursday afternoon. Both look forward to meeting you!

All of our longstanding staff members - Dr. Bill, Dr. Adam, Linda, Jody, Renee, Stacie and Beth - are still here and we all look forward to seeing you at your next visit to our office!

Get ready for Zoo Boo 2013! For the 5th year in a row, Hammerlee Dental



Zoo Boo runs October 18th-30th this year

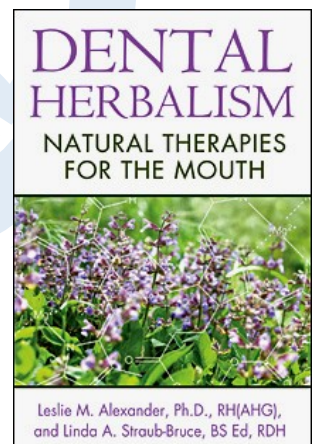
Care will be sponsoring a trick-or-treat booth for this spook-tacular event. We are ready to hand out over 20,000 toothbrushes to children 12 and under at the Erie Zoo's premier event. Once again, the Toothfairy will be making an appearance at our booth and we hope you all come out to support our amazing Zoo!

## Coming Soon: "Dental Herbalism: Natural Therapies for the Mouth"

We have an author on staff! Our hygienist, Linda, has teamed up with Dr. Leslie Alexander, a medical herbalist, to write an innovative book that is being published by Healing Arts Press, a division of Inner Traditions. The book is due to hit Amazon and bookstores worldwide in 2014.

This unique publication is a comprehensive practical reference to herbal dental care for all ages.

Click [HERE](#) to learn more about this distinct publication or to pre-order a copy. You can follow all the latest news and developments as well by clicking [HERE](#) to like it on Facebook!



## Service Spotlight: Panorex

A “panorex” or panoramic radiograph is a two dimensional diagnostic x-ray that shows the upper and lower jaws. This image provides information relevant to impacted teeth, wisdom teeth, periodontal disease, dental implants, orthodontic treatment, facial trauma, developmental abnormalities, tumors, cysts, abscesses, salivary stones, sinus issues and temporomandibular joint dysfunction among other conditions.

Here at Hammerlee Dental Care, our panorex machine is

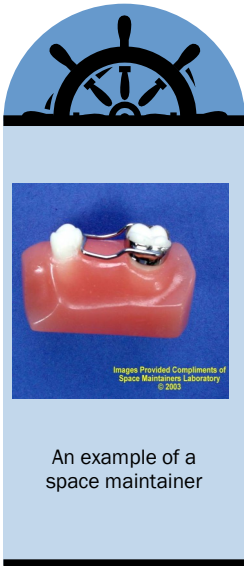
digital. This means it uses computer and digital sensor technology to capture the



Panorex or “panoramic” x-ray

image, as opposed to the older film and chemical processing solution technique. Digital has many benefits

including less radiation exposure for the patient, higher quality imaging with the capability of contrast adjustments, 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.



An example of a space maintainer

## Children’s Dental Health: Space Maintainers

Space maintainers help “hold space” for permanent teeth to be able to erupt into. Your child may need one if he or she loses a baby tooth prematurely, before the permanent tooth is ready to erupt.

If a baby tooth is lost too early, sometimes adult teeth

can erupt into the empty space instead of where they should be. When more adult teeth are ready to come into the mouth, there may not be enough room for them because of the lost space.

Other times, the adjacent teeth tilt into the open space,

eliminating the opening for the permanent tooth to erupt into, leaving it impacted in the gums.

To prevent this from happening, Dr. Hammerlee may recommend a space maintainer to hold open the space left by the missing tooth.

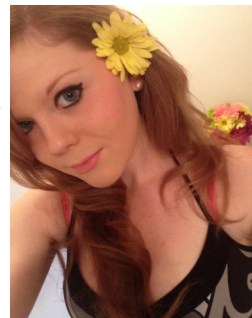
## Feature Patient: Vanessa Caldwell

Vanessa Caldwell is a 22 year old student at Kent State University. Born in Erie, Vanessa is a graduate of Union City High School.

Vanessa is studying to become a Registered Nurse. When she’s not studying, you can usually find her doing something active. She loves to dance and exercise and can easily spend hours shopping.

Her favorite thing to shop for is shoes and is addicted to high-heels.

Vanessa speaks French and loves studying the French culture as well as the language.



Vanessa Caldwell

One of her biggest goals in life is to travel, and she hopes to reach Paris one day.

Vanessa enjoys taking photos and editing them on photo shop. Another interest of hers is nutrition. She could read nutrition articles and books all day.



## Did You Know ...

... that Dr. Adam is a talented water-skier?

Dr. Adam grew up waterskiing at his grandparents' home in Findley Lake, New York.

He started skiing at age five, and slalomed (skiing on one ski) at the age of eleven.

Findley Lake was the perfect place for Dr. Adam to spend his summers. His sisters, cousins and friends would enjoy days of waterskiing, tubing, swimming, eating smore's around the campfire at night and playing guitar.

One of the best parts of his time at Findley Lake was spending time with his grandparents, Dale and Shirley Hammerlee, who were known as "Bubba" and "Mamie". Mamie would always have plenty of food and Bubba loved driving a boat full of kids while someone was skiing or tubing.

These days, you may see Dr. Adam skiing on Lake Erie or Presque Isle Bay, depending on which is smoother. Certainly there is a lot more room on Lake Erie to enjoy



Dr. Adam waterskiing on Presque Isle Bay

boating, but Findley Lake will always be home for Dr. Adam.

## Prevention is the Key: Diabetes and Gum Disease

*New Scientific Understandings ~ by Lee Ostler DDS*

People with diabetes already know that diabetes can harm their eyes, nerves, feet, kidneys, and heart. But did you know that diabetes can cause problems in the mouth?

Scientific research has now confirmed that diabetics have a higher risk for gum disease.

Periodontal (gum) disease is a chronic low-grade infection of the gums and bone around the teeth. Oral bacteria cause gum tissues to become infected and break down. Because diabetics tend to have more problems with infections and wound healing, gum disease represents a worrisome threat to both oral and general health.

The good news is that diabetics who have regular

dental care experience better control of their blood sugar, compared to other diabetics with gum disease. The bad news is that diabetics who are not in control of their blood sugar have gum disease more often than diabetics with good blood sugar control.

This means that diabetics who are well controlled can enjoy the same level of oral health as non-diabetics if they practice good oral hygiene, have regular professional care, and keep their oral tissues healthy.

This makes the dentist and dental hygienists valuable members of the diabetic team. They help assure that the mouth stays healthy and does not complicate blood sugar control or the overall

management of diabetes. Working with a dentist who understands the unique challenges faced by diabetes is important.

If you know anyone with diabetes, you will be doing them a huge potentially life-saving favor by sharing this information and encouraging them to take care of their diabetes and their oral health. This is because people with diabetes and gum disease have a dramatically increased risk of dying from diabetic complications.<sup>†</sup>

<sup>†</sup> Reprinted from:

[http://www.aaosh.org/public\\_resources/health\\_library/diabetes-and-gum-disease/index.php](http://www.aaosh.org/public_resources/health_library/diabetes-and-gum-disease/index.php)

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**“Scientific research has now confirmed that diabetics have a higher risk for gum disease.”**



HAMMERLEE  
DENTAL CARE

5158 Peach Street  
Erie, PA 16509

www.hammerleedentalcare.com

Phone: (814) 868-3647  
Fax: (814) 864-2715

Email: info@hammerleedentalcare.com

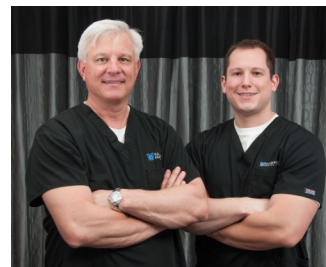


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COMFORTABLE  
SETTING

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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 D. Hammerlee and  
Dr. Adam J. 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:  
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.*



Call us in the event of a dental emergency.

## Q & A: What do I do if I have a dental emergency and the office is closed?

Dental emergencies can happen at any time, and sometimes they occur when the office is closed. Not to worry! If you have a dental emergency, rest assured ... we are here for you.

The following situations **can** constitute a dental emergency:

- Severe or unbearable pain,
- Uncontrollable bleeding,
- Moderate to severe traumatic injury,
- An avulsed or “knocked-out” tooth,
- Severe infection,
- Severe or sudden swelling.

Of course, each individual circumstance is unique. If an emergency arises, please call the office. Dr. Bill’s cell phone is on our answering message and you can call or text him to let him know what is going on. He will get back to you with his recommendations specific to your situation. When Dr. Bill is not available, we always have an emergency dentist on call for our patients and their name and phone number

will be on our message.

If you are having difficulty breathing, swallowing or have signs of a stroke, call 911.

Keep in mind that many dental emergencies can be easily avoided by having routine check ups and coming in at the first sign of a problem.

*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*