



Hammerlee Dental Care Newsletter

excellence in a comfortable setting



News Updates

December was a busy month at Hammerlee Dental Care. Dr. Bill sung with Erie Philharmonic Chorus for several amazing events. They performed the Holiday Pops at the Warner Theater, Handel's "Messiah" at St. Peter Cathedral, and performed at the Jefferson Educational Society as well as Springhill. On December 22nd, Dr. Bill had the great honor of being one of 30 performers chosen to perform with Kenny Rogers for his concert at the Warner Theater.

February brought the Annual Erie County Dental Association's Staff Appreciation night at Junior's Last Laugh Comedy Club. A great time was had by all, thank you Dr. Bill! The team got together for a lot of laughs, great food and great comedians. Some of the staff

even continued on to the Bourbon Barrel for some after-fun and even mechanical bull riding!

Our office was fortunate to have Lisa Stillman, RDH, BS come to our office and give a presentation to us on the benefits of xylitol. Lisa is a world renown Xylitol Educator and Oral Systemic Health Advocate, a very active member of NAMI (National Alliance of the Mentally Ill), has developed an organization called "Dental Voice for Mental Health" that assists mental health care recipients in caring for their oral health and a Founding Member of the American Academy of Oral Systemic Health. You can learn more about xylitol, a natural sweetener with many benefits by



Part of our Hammerlee Dental Care team at the ECDA Staff Appreciation night at Junior's Last Laugh

clicking [HERE](#).

Dr. Bill attended the 151st Mid-winter Meeting in Chicago in February. He participated in an excellent lab session and visited the exhibitor booths to keep current on all of the latest technologies and products available for state of the art care for our patients.

Baby Update

Our hygienist, Deena, welcomed a baby girl on Christmas Eve! Miss Viviana Ivy Pribonic (yes, that's VIP) was 8 pounds 2 ounces and 21.5 inches long.

Viviana's first months have been great and she already has firm likes and dislikes! Her favorite things are her furry feline best

friend, Leena, eating, bath time, dancing and hearing her daddy's voice. Top on her "dislikes" list are pants and shoes.

Vivi has a few nicknames already, including Beeb or Bebe which is short for "habibi" which means "My love" in Arabic. Habibi was Deena's nick-



Viviana Ivy Pribonic

name growing up too!

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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

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Service Spotlight: Sealant

A dental sealant is a plastic resin material that acts as a barrier, protecting the teeth against decay-causing bacteria, plaque and acids. The sealants are usually applied to the chewing surfaces of the back teeth (premolars and molars) where decay occurs most often.

Thorough brushing and flossing help remove food particles and plaque from smooth surfaces of teeth, but the bristles cannot reach all the way into the depres-

sions and grooves of the back teeth to extract food and plaque. Sealants protect these vulnerable areas by "sealing out" plaque and food.

Having sealants placed is a quick and easy procedure. The sealant is 'painted' onto the tooth enamel, where it bonds directly to the tooth and hardens with use of a special curing light. As long as the sealant remains intact, the tooth surface will be protected from decay. Sealants hold up

well under the force of normal chewing and usually last several years before a reapplication is needed. During your regular dental visits, your dentist will check the condition of the sealants and reapply them when necessary.



Sealant

Children's Dental Health: Wisdom Teeth

Third molars, or "wisdom teeth", are a set of four permanent teeth in the back of the mouth which typically erupt between ages 17-21, hence the name "wisdom". Wisdom teeth that are healthy and properly positioned can be a valuable asset to the mouth. Unfortunately, this is often not the case, and problems often develop that require their removal.

The most common complication seen is impaction, which means that the tooth has failed to arise completely into proper position. There are several types of impactions (see figure), and angular impaction is the most common. If the tooth does not completely emerge from the gum, it is considered to be a partial eruption.

After examining a patient and evaluating their x-rays, Dr. Hammerlee will discuss whether or not their wisdom teeth should be removed. A few lucky people are able to keep them, but for most of us this is not possible

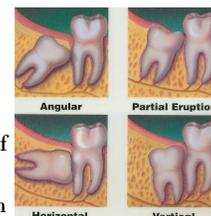
Wisdom teeth are removed when:

- ⇒ There is a partial eruption. This leaves an opening for bacteria to enter around the tooth and cause an infection. Pain, swelling, Jaw stiffness & general illness can result.
- ⇒ Impacted wisdom teeth continue growing without enough room, damaging adjacent teeth. This continued pressure can eventually destroy the healthy 2nd

molar in front of the wisdom tooth.

- ⇒ Impacted teeth cause; crowding of adjacent teeth, misalignment and/or crooked teeth, incorrect bite, a cyst (fluid-filled sac) or tumor.

The best time for removal of the wisdom teeth is when they are about 2/3 of the way formed. It is for this reason that, generally, fewer complications occur when they are removed before age 20. This gives the opportunity to remove them before the tooth roots are fully developed and the surrounding gum tissue is softer. Healing is usually easier and faster as well.



Categories of wisdom tooth impaction

Feature Patient: Brittany Luzier

Brittany Luzier is a senior at General McLane High School. Brittany made history by being the first female football player in the school's history, and scored the first point ever by a female this past 2015-2016 season. Brittany was the reserve kicker, and her love of sports started as a young girl at the age of 4. She has played soccer, basketball, and volleyball in the past, and is cur-

rently a member of the Track & Field team in all three throwing events of shot put, discus, and javelin. She qualified for the District meet in all three events last year, and is looking forward to her final season as a Lancer. Brittany is a member of the Principal's Cabinet, Link Crew leader, and was a Camp Fitch counselor to this year's 5th grade class. Brittany's future plans are to at-

tend Edinboro University where she plans to major in Human Performance, and aspires to be a personal trainer. Her dream is to one day own her own gym.



Brittany Luzier





Did You Know ...

... that all six of our hygienists are now members of the Academy of Dental Hygiene Studies. Less than 2% of hygienists in Pennsylvania carry this distinction.

The Pennsylvania Academy of Dental Hygiene Studies was formed in 1979 to encourage dental hygiene members to participate in continuing education courses and maintain their professional competence. The Academy provides a formal structure in which continuing education course completion can be recognized. Academy guidelines help ensure quality continuing education. This level of commitment states to our patients that our hy-

gienists value education and staying current within their chosen profession.

Dana was first inducted in 2007 and became a Distinguished Member in 2015. To become Distinguished, an Academy member must maintain general membership for a minimum of five (5) successive years, make a significant contribution to dental hygiene as defined by the Academy Board of Directors and submit a completed application and be approved by the Academy Board of Directors.

Nancy became a member in 2009, and Linda was inducted in 2012. Three of our hygienists, Beth, Deena and Amy, were inducted at



a luncheon in Gettysburg last November.

We are so very proud of our hygiene team and their commitment to continuing education and their profession. Congratulations ladies!

Prevention is the Key: Mouth Cancer by Mayo clinic Staff

Lifestyle and home remedies—Quit using tobacco: Mouth cancers are closely linked to tobacco use, including cigarettes, cigars, pipes, chewing tobacco and snuff, among others. Not everyone who is diagnosed with mouth cancer uses tobacco. But if you do, now is the time to stop because:

- Tobacco use makes treatment less effective.
- Tobacco use makes it harder for your body to heal after surgery.
- Tobacco use increases your risk of getting another cancer in the future.

Quitting smoking or chewing can be very difficult. And it's that much harder when you're trying to cope with a stressful situation, such as a cancer diagnosis. Your doctor can discuss all of your options, including medications, nicotine replacement products and counseling.

Quit drinking alcohol: Alcohol, particularly when combined with tobacco use, greatly increases the risk of mouth cancer. If you drink alcohol, stop now. This may help reduce your risk of a second cancer. Stopping drinking may also help you better tolerate your mouth cancer treatments.

Coping and support: As you discuss your mouth cancer treatment options with your doctor, you may feel overwhelmed. It can be a confusing time, as you're trying to come to terms with your new diagnosis, and also being pressed to make treatment decisions. Cope with this uncertainty by taking control of

what you can. For instance, try to:

Learn enough about mouth cancer to make treatment decisions. Make a list of questions to ask at your next appointment. Bring a recorder or a friend to help you take notes. Ask your doctor about books or websites to turn to for information. The more you know about your cancer and your treatment options, the more confident you'll feel as you make treatment decisions.

Talk to other mouth cancer survivors. Connect with people who understand what you're going through. Ask your doctor about support groups for people with cancer in your community. Or contact your local chapter of the American Cancer Society. Another option is online message boards, such as those run by the Oral Cancer Foundation.

Take time for yourself. Set aside time for yourself each day. Use this time to take your mind off your cancer and do what makes you happy. Even a short break for some relaxation in the middle of a day full of tests and scans may help you cope.

Keep family and friends close. Friends and family can provide both emotional and practical support as you go through treatment. Your friends and family will likely ask you what they can do to help. Take them up on their offers. Think ahead to ways you might like help, whether it's asking a friend to prepare a meal for you or asking a family member to be there when you need someone to talk with.

Prevention: There's no proven way to prevent mouth cancer. However, you can reduce your risk of mouth cancer if you:

Stop using tobacco or don't start. If you use tobacco, stop. If you don't use tobacco, don't start. Using tobacco, whether smoked or chewed, exposes the cells in your mouth to dangerous cancer-causing chemicals.

Drink alcohol only in moderation, if at all. Chronic excessive alcohol use can irritate the cells in your mouth, making them vulnerable to mouth cancer. If you choose to drink alcohol, limit yourself to one drink a day if you're a woman or two drinks a day if you're a man.

Eat a variety of fruits and vegetables. Choose a diet rich in fruits and vegetables. The vitamins and antioxidants found in fruits and vegetables may help reduce your risk of mouth cancer.

Avoid excessive sun exposure to your lips. Protect the skin on your lips from the sun by staying in the shade when possible. Wear a broad-brimmed hat that effectively shades your entire face, including your mouth. Apply a sunscreen lip product as part of your routine sun protection regimen.

See your dentist regularly. As part of a routine dental exam, ask your dentist to inspect your entire mouth for abnormal areas that may indicate mouth cancer or precancerous changes.[†]

[†] <http://www.mayoclinic.org/diseases-conditions/mouth-cancer/manage/ptc-20157518> ; Accessed February 29, 2016



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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. 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 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,



Call us in the event of a dental emergency

- Severe infection,
- Severe or sudden swelling.

Of course, each individual circumstance is unique. If an emergency arises, please call the office. After office hours

you will have a menu option to press to report an emergency. Our doctor will get back to you with recommendations specific to your situation. If our doctors are 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