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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



Hammerlee Dental Care Newsletter



December 1, 2016

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News Updates



Dr. Hammerlee has successfully completed the Academy of General Dentistry's (AGD) comprehensive national written examination covering 16 disciplines of dentistry. He has been a member of the Academy (AGD) for over 30 years. He has also exceeded the 500 hours of continuing education required by the AGD and received their Fellowship Award. Less

than 7% of dentists have received this prestigious designation and Dr. Hammerlee will receive his Masters in July 2017 at the AGD's national annual session awards ceremony in Las Vegas, Nevada.

Zoo Boo 2016

Hammerlee Dental Care was proud to sponsor the Erie Zoo's family favorite Zoo Boo event this year. The mild weather brought tremendous crowds to this 15 day event this year and over 40,000 people were in attendance.

Our booth handed out sugarless gum and toothbrushes to trick-or-treaters 12 and under. The Toothfairy made many appearances at our booth and was a huge hit. Kids of all ages enjoyed meeting her and having photos taken with her. Nearly every night that she was there, a child lost a tooth at Zoo Boo!

We are so fortunate to have such a wonderful zoo in Erie and Hammerlee Dental Care is proud to support the zoo.



Stacie Zaccaria, RDH as the Toothfairy

Service Spotlight: Sealants

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

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

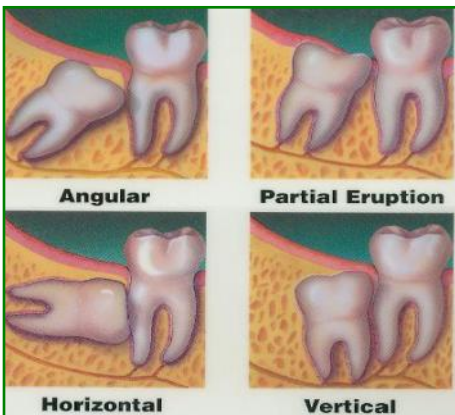
Having sealants placed is a quick and easy procedure. The sealant is 'painted' onto the tooth enamel, where it bonds directly to the tooth and hardens with use of a special curing light. As long as the sealant remains intact, the tooth surface will be protected from decay.

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



Categories of wisdom tooth impaction

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 evaluat-

ing 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.

Feature Patient: Bob Klemm

Bob Klemm is graduate from Penn State Behrend with a degree in Management Information Systems. After graduation he worked at GE as a systems analyst until he started his own business in 1992.

He currently owns BenchMark Computers...a technology company that specializes in Information Technology Services for small businesses with 5 to 50 computers. BenchMark Computers is also committed to the Health Care community and provides professionals ser-



Bob Klemm

vices for medical practices. BenchMark Computers has a retail store for sales and service for the home user / small business located at 1315 Peninsula Drive.

Bob enjoys spending time with his two dogs Cyber (cyberspace) and Dotty (dotty dot com). Mountain and road biking are his favorite summer sports. He has been teaching downhill skiing for over 30 years. Bob works at Peek n' Peak on weeknights training instructors for upcoming Certification Exams...on weekends he can be found on the slopes of Holimont, where he is a Jr. Race Coach.



Dr. Bill and his first grandchild, James, in 2010

Did You Know ...

... that Dr. Bill is a grandfather four times over?

Dr. Bill's first grandchild, James Ryan Thobaben, was born in Lexington, Kentucky on Saturday, September 11, 2010 to Dr. Bill's daughter and son-in-law, Rebecca and Zak. James was followed a couple of years later by his brother, John.

This past fall, two more babies joined the Hammerlee family! Dr. Bill's son, Dr. Adam had a baby girl, nicknamed Maggie. Dr. Bill's daughter, Laura, had a baby boy named Troy.

Dr. Bill visits all of his grandchildren frequently and loves to read with and to them and greatly enjoys playing with them and singing to them.

Prevention is the Key: Eating Disorders

It has been estimated that more than 10 million Americans currently are affected by serious eating disorders such as anorexia, bulimia and binge eating. While anyone can suffer from an eating disorder, they are most common in teen and young adult women. Eating disorders can have a large negative impact on an individual's quality of life. Self-image, relationships with families and friends as well as performance in school or on the job can be damaged. It is critical for anyone with symptoms of an eating disorder to seek professional help since an individual can die from the medical complications these disorders can cause.

Anorexia typically involves an extreme fear of gaining weight or a dread of becoming fat. Even though these individuals may be very thin or even extremely underweight, they see themselves as "fat." They may attempt to reach or maintain what they think is their perfect body weight by literally starving themselves. They may also exercise excessively. Others may eat excessive amounts of food in one sitting and then attempt to get rid of the food and calories from their bodies by forcing themselves to "throw up" or by the misuse of laxatives or enemas.

Bulimia also includes the fears of being overweight. But it also includes hidden periods of overeating (binge eating) which may occur several times a week or even several times a day. While overeating, individuals may feel completely out of control. They may gulp down thousands of calories often high in carbohydrates and fat - in amounts of food that would be greater than what an average person would eat at one sitting. After they overeat, the individuals try to "undo" the

fact that they ate too much as quickly as possible by forcing themselves to "throw up" or by the misuse of laxatives or enemas. This is often referred to as "bingeing and purging."

Binge Eating or Compulsive Overeating may affect almost as many men as women. In the past, these individuals were sometimes described as "food addicts." They overeat (binge eat) as noted in bulimia above, but do not regularly try to get rid of the food immediately by throwing up or by misusing laxatives or enemas. Feelings of guilt may make it easier for the person to overeat again.

Each of these eating disorders can rob the body of adequate minerals, vitamins, proteins and other nutrients needed for good health. Individuals with eating disorders can display a number of symptoms including dramatic loss of weight, secretive eating patterns, hair loss, feeling cold, constipation and, for women, the loss of their monthly menstrual period. Eating disorders may also cause numerous other physical health complications, such as heart conditions or kidney failure, which can lead to death.

Eating disorders can also affect oral health. Without the proper nutrition, gums and other soft tissue inside your mouth may bleed easily. The glands that produce saliva may swell. Individuals may experience chronic dry mouth. Throwing up frequently can affect teeth, too. When strong stomach acid repeatedly flows over teeth, the tooth's outer covering (enamel) can be lost to the point that the teeth change in color, shape and length. The edges of teeth become thin and break off easily. Eating hot or cold food

or drink may become uncomfortable.

Eating disorders arise from a variety of physical, emotional and social issues all of which need to be addressed to help prevent and treat these disorders. Family and friends can help by setting good examples about eating and offering positive comments about healthy eating practices. While eating disorders appear to focus on body image, food and weight, they are often related to many other issues. Referral to health professionals and encouragement to seek treatment is critical as early diagnosis and intervention greatly improve the opportunities for recovery.



Treatment of Oral Health Consequences of Eating Disorders:

- Maintain meticulous oral health care related to toothbrushing and flossing.
- Immediately after throwing up, do NOT brush but rinse with baking soda to help neutralize the effects of the stomach acid.
- Consult with your dentist about your specific treatment needs.
- See your dentist regularly. †

† Source: ADA.org Oral Health Topics: <http://www.ada.org/3104.aspx?currentTab=1>

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Dr. William D. Hammerlee

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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.

excellence in a comfortable setting

Q & A:

The last appointment I had there, you took “digital” x-rays on me. What are the benefits of digital x-rays over the old, traditional x-rays?

Digital x-ray imaging uses digital sensors instead of traditional photographic film. This exciting technology has many advantages:

Faster – the images appear immediately on our computers,

Clearer – the images are sharp, crisp and accurate. We can also enhance the images in a variety of ways to improve viewing. They are not as susceptible to marks from the development process of traditional film,

Safer – digital x-rays require between 75% - 90% less radiation than traditional x-rays to obtain an image. This is an extraordinary benefit of the technology,

Cleaner – they do not require development like traditional films. This lets us avoid use of the chemicals required for processing, which makes the office safer and healthier, especially for the staff,

Easier – the x-ray sensor is shaped as such that most patients find the sensor far more comfortable than the traditional rigid films.

Additionally, the images are stored electronically on our computers as a

digital file. That allows us to send x-rays for insurance claims or referrals to specialists with a few clicks of the mouse. The images do not degrade over time and can be retrieved easily in the future.

Our office strives to provide the best patient experience possible. We are committed to keeping the practice state of the art, today and in the future.

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



Digital X-ray sensor

Bitewing x-ray

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