

excellence in a comfortable setting



# Hammerlee Dental Care Newsletter

## 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

## News Updates

As always, our office has been busy attending continuing education courses. Dr. Bill has been busy working toward his Masters in the Academy of General Dentistry and our hygienists have been busy attending courses as well.

Our staff also has

been part of several community outreach events, educational programs in the area and other community activities.

Get ready for some upcoming changes!

We will be expanding and renovating our office this summer!

Stay tuned for some



The Hammerlee Dental Care team with St. George School Principal, Larry Neubauer

exciting changes coming up. We'll be adding new staff in the fall and here we grow!

## Inside this issue:

Service Spotlight	2
Children's Dental	2
Feature Patient	2
Did You Know ...	3
Prevention is the Key	3
Q & A	4

## Community Outreach

Several of our hygienists were proud to be a "Sealant Saturday" site for the Pennsylvania Dental Hygienists Association 13th Annual state-wide event.

On February 6th, they provided nearly \$7,000.00 in free preventative dental services to area children, ages 6-16. Those services included screenings, sealants

and fluoride varnish.

This year's event was held in Meadville, in conjunction with Meadville Medical Center's Dental Clinic.



Fluoride is a mineral that has the ability to strengthen tooth enamel

## Service Spotlight: Topical Fluoride Treatment

Fluoride is a mineral that occurs naturally in many foods and water, and has the unique ability to strengthen tooth enamel.

Enamel, the hardest substance in nature, is made up of a crystalline substance called calcium hydroxyapatite. When fluoride is incorporated to the enamel it becomes calcium fluorapatite, which is much more resistant to the acid attacks that cause decay.

Fluoride ions can become incor-

porated into the tooth surface quite readily by topical application. A dentist or dental hygienist can apply fluoride to the teeth as a gel, foam, or varnish. These treatments contain a much higher level of fluoride than the amount found in toothpastes and mouth rinses. Varnishes are painted on the teeth; foams are put into a mouth guard, which is applied to the teeth for 1 to 4 minutes; gels can be painted on or applied via a mouth guard.

Although it is recommended that children to receive this treatment, many adults can also benefit from it. Topical fluoride treatments are beneficial for those with dry mouth conditions, exposed root surfaces, a history of frequent cavities, current orthodontic treatment, poor oral hygiene, developmental or enamel defects, eating disorders, and those with an acidic oral environment due to diet or gastrointestinal issues.

*HHS is expecting to publish final guidance for community water fluoridation by spring 2011.*

## Children's Dental Health: Water Fluoridation

The U.S. Department of Health and Human Services (HHS) and the U.S. Environmental Protection Agency (EPA) are announcing important steps to ensure that standards and guidelines on fluoride in drinking water continue to provide the maximum protection to the American people to support good dental health, especially in children. HHS is proposing that the recommended

level of fluoride in drinking water can be set at the lowest end of the current optimal range to prevent tooth decay, and EPA is initiating review of the maximum amount of fluoride allowed in drinking water. HHS' proposed recommendation of 0.7 milligrams of fluoride per liter of water replaces the current recommended range of 0.7 to 1.2 milligrams. This updated recommendation is based on recent EPA

and HHS scientific assessments to balance the benefits of preventing tooth decay while limiting any unwanted health effects. These scientific assessments will also guide EPA in making a determination of whether to lower the maximum amount of fluoride allowed in drinking water, which is set to prevent adverse health effects.



Christine Hubbard

## Feature Patient: Christine Hubbard

We love showcasing our patients and this issue's Feature Patient is Christine Hubbard. Christine traveled extensively with her family, known as the "Lawrence Family", a singing family who had a weekly television and radio program. She also plays the piano and guitar and sings. Chris-

tine ran for Mrs. Pennsylvania in 2002 and won the prestigious title of "Mrs. Congeniality". She was a 2010 Roar on the Shore contest and raised over \$1,500.00 for the affiliated "Big Back Yard Project" for SafeNet. She is a graduate of Edinboro University with a B.S.W., and is currently in gradu-

ate school to obtain her Master's degree in Social Work. She is also an intern at the Mercy Center for Women and aspires to be a Licensed Clinical Therapist with her own practice. Christine has two children, which she considers to be her greatest accomplishment. She loves being a Mom!

## Did You Know ...

... that Dr. Bill and Stacie ride motorcycles? Dr. Bill has a Kawasaki Vulcan Nomad and Stacie has a Yamaha V-Star.

They are anxiously awaiting spring to get here, and a heavy rain to clean off of the roads to be able to get back out on their bikes. The six month motorcycle hibernation in Erie is very difficult for them!

Dr. Bill rode in the Roar on the Shore last summer. He is proud

to be a corporate sponsor for this event, and a member of the Manufacturer's Association. His favorite trip, however, is a leisurely ride to Lexington, Kentucky to visit his three daughters, son-in-law and grandson, James.

Stacie enjoys sunset rides around Presque Isle and often rides along side her parents on their Honda Goldwing.

In the summertime, both Dr. Bill and Stacie can often be found

eating a "Large Marge" or a "Big Ed" while drinking gigantic rootbeer floats at the White Turkey in Conneaut, Ohio. If they're not there, you may find them at Eddie's in Geneva-On-The-Lake, Ohio indulging in their famous fried hot dogs and cruising the strip.

They both hope someday to ride their bikes around Lake Erie. This may be their summer!



Dr. Bill and Stacie on their bikes

## Prevention is the Key: Omega-3 & Inflammation

You probably know omega-3 fatty acids best for their role in preventing heart disease, but did you know they prevent gum disease too? Periodontitis, a type of gum disease that causes tooth loss, may be tamed by taking omega-3 fatty acid supplements – or by adding more foods rich in omega-3 fatty acids to your diet. And that's a good thing if you want to keep your smile.

In a study published in the Journal of the American Dietetic Association, researchers confirmed the tooth-conserving power of omega-3 fatty acids. When they looked at data on over 9,000 adults, they found those who had the most DHA (a type of omega-3) in their diet reduced their risk of periodontitis by 20%. Even modest amounts of dietary omega-3 fatty acids offered protection against this common form of inflammatory gum disease.

Periodontitis is one of the most

frequent causes of tooth loss. It usually comes from poor oral hygiene that allows plaque to build up along the gum line and at the base of the teeth. When this happens, bad bacteria move in, and the body launches an all-out immune response to ward off the bacterial invaders. It's the aggressive nature of the immune response that causes many of the changes seen with periodontitis – changes that can eventually lead to destruction of the bone around the teeth and tooth loss.

How do omega-3 fatty acids help to prevent gum disease and periodontitis? Research shows that omega-3 fatty acids have anti-inflammatory properties, which helps to ease the inflammation people with periodontitis have. Researchers from the University of Kentucky also found that omega-3 fatty acids slow down and even stop the growth of bacteria that cause gum disease and periodontitis. Taking omega-3

fatty acids packs a double wallop against the destructive bacteria that hid out inside your mouth.

Taking omega-3 fatty acid supplements (2 grams per day) could be just what the dentist ordered for preventing gum disease. Omega-3 fatty acids are safe for most people with the exception of people who have bleeding disorders or people on blood thinners. The other option is to add more foods rich in omega-3s to your diet such as salmon, mackerel, sardines, and anchovies.

Don't forget to brush and floss twice daily and get a professional cleaning every six months – to remove tartar and plaque that can lead to gum disease. Keep your beautiful smile with good oral hygiene – and a diet rich in omega-3 fatty acids.

References: Nutraingredients website. "Omega-3 may reduce gum disease: Study"

*"Research shows that omega-3 fatty acids have anti-inflammatory properties, which helps to ease the inflammation people with periodontitis have."*



4 oz. of canned, drained salmon contain 2.2 grams of Omega-3 fatty acid

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## Q & A: Should I use a soft, medium or hard toothbrush?

The answer is definitely soft. The American Dental Association (ADA) recommends using soft bristles because they are much gentler on the gums and less abrasive on the enamel of your teeth. However, Clifford Wahl, director of the ADA's seal of approval program, states, "One manufacturer's soft could be another's medium." Because of this, the ADA puts its seal on a variety of firm, medium and soft toothbrushes, which involves a bit of trial and error on behalf of the user.

No one should be using a medium or hard toothbrush, and people with sensitive teeth,

gum recession or exposed root surfaces of the teeth should be using an extra soft toothbrush.

The best toothbrush to use fits comfortably in your mouth and is not abrasive to your teeth or gums. Try to select a toothbrush with soft, straight bristles and a head that will reach all your teeth when you brush. Having a toothbrush that feels comfortable when you use it will encourage you to brush your teeth at least twice a day. Proper brushing is also important. Don't be heavy-handed, saw back and forth or spend over two minutes brushing. Correct brushing technique is of the utmost

importance. We give our patients soft or extra soft toothbrushes and the Oral B Professional Series power toothbrushes available through our office come with soft bristle heads. Feel free to ask us here at the office for toothbrush recommendations that are appropriate for you and your particular circumstances.



Always use a soft toothbrush to prevent damage to your tooth structure or gums

*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)*

*To opt-out of e-mail correspondence, please send an e-mail with your preferences to: [jody@hammerleedentalcare.com](mailto:jody@hammerleedentalcare.com)*