



# News Updates



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# Hammerlee Dental Care Newsletter

We've had a lot of incredible changes here at Hammerlee Dental Care lately! We spent the summer renovating and expanding the office. We've expanded into the remaining 800 square feet of our building and renovated the building inside and out.

We expanded from four treatment rooms to seven, moved Dr. Bill's private office, relocated our panoramic radiograph machine, built a new

sterilization center, renovated and expanded our dental lab, created our first ever staff lounge (with a beautiful kitchenette) and added an accessible restroom. On top of that, we had a new roof put on, our front concrete was replaced, along with new gutters, siding and fascia. We also upgraded our electric system, air conditioning, water tanks and had two new furnaces installed.



*Come check us out!*

You'll notice our changes as soon as you pull up to the office! We've installed new signage around the building and we love how our new main sign lights up at night. Stop in and take a tour of our new and improved office!

## Look for us at ZOO BOO again this year ...

... once again we are sponsoring a booth at Zoo Boo! We first joined the Erie Zoo in 2009 for this spectacular event, and will continue our support for 2016. Hammerlee Dental Care will be providing over 20,000 toothbrushes &

sugarless gum to be passed out to trick-or-treaters at our booth. Zoo Boo 2016 runs from 6pm—9pm each night, beginning on Friday, October 15th and the last evening is Saturday October 30th.

Come out and see us and

help support our Erie Zoo at their largest and most popular event of the year. You may even see the toothfairy there!



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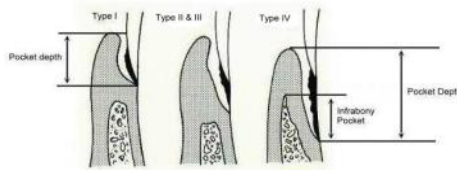
### On our website you can:

- 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
- Contact us



# Service Spotlight: “Cleaning?” “Debridement?” “Perio?”

If it has been awhile since you’ve had a dental appointment, or if you are a new patient, Dr. Hammerlee will examine you and evaluate which “type” of treatment meets your needs. Basically, there are three categories:



The treatment recommended for you depends on the health of

1. **Prophylaxis:** this is generally referred to as a “cleaning”. This is a routine preventative procedure for those whose gums are in normal, disease-free condition. It includes removing any plaque or tartar above the gum line and slightly (1-2mm) below.
2. **Full Mouth Debridement:** this is a treatment that includes removing plaque and tartar above and below the gum line to be able to examine evaluate the teeth and tissue. This

patient often has some gum disease, bleeding of the gums when touched, redness, swelling and possibly bone loss. This procedure allows the gum disease to start healing and makes a thorough oral exam possible. Subsequent treatment is dependent on the results of this healing process.

3. **Periodontal Treatment:** usually, when pocket depths exceed 4-5mm

(see illustration), and the pockets bleed when touched, patients have periodontal disease. Bone loss around the teeth is typically present and a more aggressive treatment is necessary to arrest this aggressive disease process dependent on the level of the disease. Dr. Hammerlee may prescribe antibiotics which have an affinity to target the bacteria that is attacking the gums and producing toxins. The treatment is completed in two visits with local anesthesia for comfort. All plaque and tartar is removed and the root surface is planed where damaged.

It is important to have a dental visit at least every 6 months to easily remove deposits while they are above the gum.

## Children’s Dental Health: Early Orthodontic Evaluation

Orthodontic treatment is used to correct malocclusion, crooked or crowded teeth, irregularly spaced teeth and other jaw problems. An improper bite in a child can interfere with chewing and speaking, and can lead to later problems with the jaws and teeth. Many potential problems can be corrected easily and with optimal results due to early intervention.

Dr. Hammerlee routinely refers children

at risk for alignment problems for evaluation by an orthodontic specialist around age seven. This gives the orthodontist the best opportunity to treat the child during a growth phase, which allows the jaw growth to be guided to correct many issues. Oftentimes, speech problems and damaging oral habits

can be rectified at this time as well.

A nice, straight smile provides a child with wonderful self esteem, but is also important for a healthy mouth, making teeth easier to clean to help avoid tooth decay and gum disease for a lifetime. Early intervention allow your child the greatest chance for a healthy bite.

*Children should be evaluated by an orthodontist near age seven*

## Feature Patient: Devin Faulhaber

Devin Faulhaber is a graduate of McDowell High School and a recent graduate of Penn State University with a degree in Creative Writing. He currently works as freelance writer for the Lake Erie Lifestyle Magazine as the resident Tech Writer.

Devin recently returned from Osaka, Japan where he lived for four months with a host family. As a paid student

blogger, he wrote down his experiences in "Welcome to the Concrete Rainbow," a travel blog dedicated to the trip. In his blog, Devin outlined his experiences there and with his host family, providing a detailed and entertaining narrative of his experiences.

Devin currently resides in Erie but his eyes set on the world. He enjoys traveling

and animals, but does not want to open a traveling animal circus.



*Devin Faulhaber on his visit to Japan.*



## Did You Know ...

... our hygienist, Linda, is a civil war enthusiast?

Although early American history is one of her favorite interests, she is especially fascinated by the Civil War. Linda enjoys studying all aspects of this significant time in our country and enjoys visiting and experiencing the battlefields firsthand.

Linda has visited many battlefields including: Antietam, The Wilderness, Fredericksburg, Spotsylvania, Front Royal, McDowell, Port Republic, Kernstown, Rich Mountain, Laurel Hill, Cheat Mountain, Camp Allegheny and Harper's Ferry.

Her interest has taken her to additional civil war sites as well. Some of her favorites include:

- Philippi, WV, the site of the first land battle in 1861,
- Johnson's Island in Sandusky Bay, site of a Lake Erie Confederate POW camp and present-day POW cemetery,



Linda with Ken Burns, director & producer of the documentary film "The Civil War" soldier

- Grafton National Cemetery in West Virginia, burial site of the first Union

killed by a Confederate,

- Fort Edward Johnson, on the apex of Shenandoah Mountain (VA) Confederate breastworks can still be seen
- Elwood Manor (VA), circa 1790, the burial site of Stonewall Jackson's amputated left arm.

She recently had the opportunity to see Ken Burns at Chautauqua Institute where he spoke on the Civil War.

Linda assisted in editing a book written about West Virginia in the Civil War. The sites in West Virginia are some of her favorites and she looks forward to visiting them again soon.

## Prevention is the Key: Bisphosphonate Medication (Fosamax, Actonel, Boniva, Aredia, Bonefos, Didronel or Zometa)

If you use a bisphosphonate medication—to prevent or treat osteoporosis (a thinning of the bones) or as part of cancer treatment therapy—you should advise your dentist. In fact, any time your health history or medications change, you should make sure the dental office has the most recent information in your patient file. Here's why: some bisphosphonate medications (such as Fosamax, Actonel, Boniva) are taken orally (swallowed) to help prevent or treat osteoporosis and Paget's disease of the bone. Others, such as Aredia, Bonefos, Didronel or Zometa, are administered intravenously (injected into a vein) as part of cancer therapy to reduce bone pain and hypercalcemia of malignancy (abnormally high calcium levels in the blood), associated with metastatic breast cancer, prostate cancer and multiple myeloma.

In rare instances, some individuals receiving intravenous bisphosphonates for cancer treatment have developed osteonecrosis (pronounced OSS-tee-oh-ne-KRO-sis) of the jaw, a rare but serious condition that involves severe loss, or destruction, of the jawbone. Symptoms include, but are not limited to:

pain, swelling, or infection of the gums or jaw, gums that are not healing, loose teeth, numbness or a feeling of heaviness in the jaw, drainage, & exposed bone.

If you receive intravenous bisphosphonates (or received them in the past year) and experience any of these or other dental symptoms, tell your oncologist and your dentist immedi-

ately.

More rarely, osteonecrosis of the jawbone has occurred in patients taking oral bisphosphonates.

Most cases of osteonecrosis of the jaw associated with bisphosphonates have been diagnosed after dental procedures such as tooth extraction; however the condition can also occur spontaneously. Also, invasive dental procedures, such as extractions or other surgery that affects the bone can worsen this condition. Patients currently receiving intravenous bisphosphonates should avoid invasive dental procedures if possible. The risk of osteonecrosis of the jaw in patients using oral bisphosphonates following dental surgery appears to be low.

Because osteonecrosis of the jaw is rare, researchers can not yet predict who, among users, will develop it. To diagnose osteonecrosis of the jaw, doctors may use x-rays or test for infection (taking microbial cultures). Treatments for osteonecrosis of the jaw may include antibiotics, oral rinses and removable mouth appliances. Minor dental work may be necessary to remove injured tissue and reduce sharp edges of damaged bone. Surgery is typically avoided because it may make the condition worse. The consensus is that good oral hygiene along with regular dental care is the best way to lower your risk of developing osteonecrosis.

***If you use a bisphosphonate medication, you should advise your dentist.***

Dental care is an important element of overall cancer treatment. As soon as possible after cancer diagnosis, the patient's treatment team should involve the dentist. Individuals who will undergo cancer treatment should:

Schedule a dental exam and cleaning before cancer treatment begins and periodically during the course of treatment.

Tell the dentist that he or she will be treated for cancer.

Discuss dental procedures, such as extractions or insertion of dental implants, with the oncologist before starting the cancer treatment.

Have the dentist check and adjust removable dentures as needed.

Tell the dentist and physician about any bleeding of the gums, or pain, or unusual feeling in the teeth or gums, or any dental infections. Maintain excellent oral hygiene to reduce the risk of infection.

Update a medical history record with the dentist to include the cancer diagnosis and treatments.

Provide the dentist and oncologist with each other's name and telephone number for consultation. †

† Source: American Dental Association, Reprinted from: <http://www.ada.org/3045.aspxcurrentTab=1>



**HAMMERLEE DENTAL CARE**

5158 Peach Street  
Erie, PA 16509  
Phone: (814) 868-3647  
Fax: (814) 864-2715  
www.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)

*excellence in a comfortable setting*

*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.*

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## Q & A: Is it true that you can e-mail and/or text me appointment reminders?

Absolutely! We strive to keep up with the latest technology available to make the most convenient options available to our patients. We have a fantastic automated system that we can customize for each individual patient's liking.

- ◆ **E-mail:** you can receive e-mails to remind you that you are due for an appointment as well as e-mails to remind you of an upcoming appointment. The appointment reminder e-mails have the added ability to confirm your appointment with one click of your mouse! This communicates directly to your appointment in our schedule and lets us know that you have confirmed your upcoming appointment.
- ◆ **Text:** if you choose to receive text reminders for your appointment, a short message will be texted to you. You will

automatically receive it one day prior to your appointment notifying you of the date and time of the appointment. For your convenience, our phone number will appear on the text to quick link a call to us if necessary.



*E-mail, text messaging, postal mail and phone correspondence are all options*

- ◆ **Postcards:** you can still receive your appointment reminders, as well as reminders you are due for an appointment, by mail.
- ◆ **Phone:** as always, we will call you to remind you of your upcoming appointments as well.

We have many correspondence options available for our patients and would be pleased to set up your preferences for you. Feel free to call us or notify us when you are in next and we will configure your choices for reminders to meet your needs.

*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)