



excellence in a comfortable setting

Hammerlee Dental Care



News Updates

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

It's been six months since our office expansion and renovation and we couldn't be more pleased! If you haven't been in since construction ended, stop in and check it out. The updates didn't stop there, we have also redesigned our website as well. Check it out right now at: hammerleedentalcare.com or by clicking [HERE](#).

Our staff has been busy, as always, with their continuing education and community events. Two of our hygienists, Sarah and Linda, participated in the Pennsylvania Dental Hygienists' Association "Sealant Saturday" in Meadville on February 4th, where they provided preventative services to underserved children in our area.

Our hygienist, Linda, was one of 40 hygienists in the nation to be selected to participate in the

American Dental Hygienists' Association "Unleashing Your Potential" leadership development session in Chicago. She was featured in the Erie Daily Times as the "Mover of the Week" recently, in regards to the honor.

On February 16th, Dr. Bill took the staff to the Erie County Dental Association's "Staff Appreciation Night" at Junior's Last Laugh. A great time was had by all at this fun, annual event! We had a great meal and lots of laughs by the four comedians featured that night.

Our Expanded Function Dental Assistant, Alisha, and our hygienist, Linda, participated in the 3rd Annual Children's Dental Health Fair on February 18th, which was hosted by the Meadville Medical Center and Allegheny College. It was a great event for both the chil-



Have you seen our new look?

dren and parents in attendance!

Hammerlee Dental Care has partnered with the Erie Zoo for "Show Your Teeth Tuesday". One Tuesday per month, the Erie Zoo will have a Facebook contest where they post clues about an animal's teeth and you get to guess which animal it is. Check this fun game out on the Erie Zoo's Facebook page by clicking [HERE](#).

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Check Out Our New Art

We get SO many compliments about the beautiful art we have in the office! These incredible pieces are local scenes shot by a local photographer, Paul Gibbens of Gibbens Creative.

Paul's images show Erie at its

finest. His photos remind us of how magnificent Erie really is. We only wish we had more wall space to show off more of them!

You can check out more of their beautiful pieces on their website by clicking [HERE](#).



Paul Gibbens and Dr. Bill



Service Spotlight: Intra-oral camera examination



We now use the Iris Digital Doc® intraoral camera, the industry leader in providing the finest quality photos.

All of our treatment rooms here at Hammerlee Dental Care now have a fantastic tool available ... the Iris Digital Doc® intra-oral cameras. We have had intra-oral cameras for a long time now, but we have upgraded to the state-of-the-art in technologically advanced imaging.

Intra-oral photographs are so valuable for us, your health care professionals, and for you, the patient. They assist us in capturing images of what we see during your examination. Additionally, they enlarge

the image 40-50 times to provide clear and concise visibility of the very smallest things at which we looking.

We are able to show you the images and show you what's going on ... be it decay, fractures, tartar build-up or tissue lesions. By showing you these images on our monitors, we can educate you on your current oral health status and show you what things look like.

Together we can look at the images and discuss the treatment

options available, monitor healing progress and track treatment progression. Also, we sometimes need to provide dental insurance companies with a little more information than a two-dimensional x-ray will show and these photos do a fantastic job filling in that "information gap".

We feel that these photos help us work with you as a team to meet your dental care needs and desires, in an efficient and comfortable manner.

Children's Dental Health: Thumb Sucking

"Most children stop thumb sucking on their own between the ages of 2 and 4."

Did you know that humans aren't the only primates that exhibit thumb sucking? Chimpanzees do it, and some lemurs do it as well!

We are born with a sucking reflex necessary for feeding, and ultimately, our survival. Although this reflex disappears at about 4 months of age, many believe that it lays the founda-

tion for thumb sucking in some children.

Thumb sucking is not solely an instinctive behavior, it can bring comfort to a child when anxiety is present and it can be done out of habit and/or boredom.

Most children stop thumb sucking on their own between the ages of 2 and 4. If it continues past that, it may alter the shape of the oral

cavity and cause more serious problems. If your child sucks their thumb, try various techniques to help them stop. Use positive reinforcement by praising them when they don't do it. If anxiety is present, address the issue causing anxiety and combat boredom-related thumb sucking with a fun activity.



Sara Macosko

Feature Patient: Sara Macosko

Sara was born and raised in Dayton, OH, but moved to Erie 12 years ago. She and her husband of 5 years live in Millcreek with their four dogs. Sara loves spending time with friends and family, boating and her roles as a follower of Christ, wife, best friend, animal rescuer and dog

mom.

In addition to her full time job at State Farm, she also runs a non-profit shelter in Erie called HOPE. Sara started HOPE over 4 years ago. It is an animal outreach program for Erie and Crawford Counties that primar-

ily works with dogs who are living their life outdoors, however they do many other animal related situations such as abandonment cases, strays, medical cases and adoption just to name a few. Check out HOPE's website [HERE](#) and Facebook page [HERE](#).

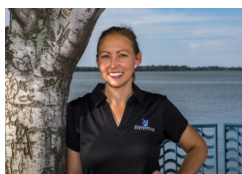


Did You Know ...

... that our staff has grown?
Meet our new additions ...



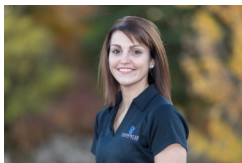
**Alisha Jury, Expanded Function
Dental Assistant**



Kelly Wright, Registered Dental Hygienist



**Morgan Osborne, Registered Dental Hygienist
and Expanded Function Dental Assistant**



Sarah Goard, Registered Dental Hygienist

Kelly joined us in January 2016,

Alisha and Morgan joined our team in the autumn of 2016 and Sarah, rejoined our team this year after working with us on a temporary basis in 2013.

All of our familiar faces are still here too! We have an associate dentist on board as well. Dr. Cortney Archbold joined our team in November and is with us on Mondays and Fridays.

All of us here at Hammerlee Dental Care look forward to seeing you at your next visit!



The Hammerlee Dental Care team

Prevention is the Key: Toothbrush Germs

You may not view your toothbrush as a germ carrier, but depending on how humid and dirty your bathroom is, cold germs can flourish there. In the 1970s, University of Arizona researchers learned that each time you flush a toilet, droplets can spray onto your walls, shelves, towels and toothbrushes, up to 6 feet away. Families who keep toothbrushes close to each other may have bacteria bouncing from one brush to another. The Centers for Disease Control and researchers have disputed whether reusing a properly handled toothbrush can make you ill. Some experts contend that germs left on toothbrushes can cause infections, especially colds and gingivitis.

The bathroom is usually the second dirtiest room in your home, after the kitchen. To prevent illnesses, it's a good idea to disinfect the sink, countertop, bathtub and toilet on a weekly basis. Flushing a toilet with the lid up spreads germs, said Charles Gerba, a microbiology professor at the University of Arizona in Tucson. Polluted water vapor erupts from the toilet bowl, and it might take several hours for particles to eventually settle somewhere you might not want them. If your toothbrush is

too close to the toilet, you might as well brush your teeth with germs from your toilet.

Germs can live outside the body from a few seconds to 48 hours, depending on the virus and the surface, says Dr. James M. Steckelberg. Flu viruses usually survive longer on surfaces than cold viruses do. Both kinds of viruses probably live longer on nonporous surfaces, such as plastic, metal and wood, than on porous ones, including fabrics, your skin or paper.

Toothbrushes can harbor bacteria, viruses and fungus, says Dr. Irwin Malitz of Chicago. He recommends getting a new toothbrush if you've had a cold, cold sores or an infection; dropped it on the floor, in a contaminated bathtub or other place; or shared it with someone. Every time you brush, you remove plaque and particles, often tainting the brush with bacteria, blood, saliva and other debris. The pollution can come back to infect you. Bacteria thrive in moist environments such as the bathroom. E. coli bacteria living on your toothbrush can cause infections and death if left untreated.

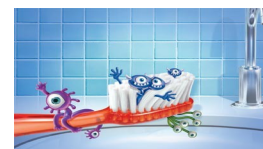
Not only are older toothbrushes more likely to host bacteria, they

become less helpful in cleaning bacteria in your mouth. Sharp edges can cut gums, giving bacteria a place to thrive and cause illness or infection. Most of us replace our toothbrush once every nine months, but dentists recommend buying a new one after three months or less.

Preventing cold germs from spreading is simple. Because 3.2 million microbes per square inch may live in your toilet bowl, keep the lid down when flushing. The CDC suggests rinsing your toothbrush thoroughly after brushing and letting it air dry, standing upright. If you're still concerned or want to save money on an electric toothbrush head, you may also run your toothbrushes through the dishwasher. The dishwasher won't harm toothbrushes, and the hot water will probably kill most germs. You can also soak your toothbrush for 20 minutes in an antiseptic mouthwash, or buy a toothbrush purifier at the drugstore. Dentists recommend placing your toothbrushes at least an inch apart in the holder so that germs don't travel from one brush to another.[†]

[†]http://www.ehow.com/about_5376205_do-cold-germs-live-toothbrushes.html

*"Bacteria thrive in
moist environments
such as the
bathroom."*



**Germs can flourish
on a toothbrush**

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Dr. William D. Hammerlee



Dr. Adam J. Hammerlee

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.

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info@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.

Q & A: How Do You Sterilize Your Instruments?

Here at Hammerlee Dental Care, one of the utmost important things we do throughout each day is instrument sterilization. We use as many disposable products as we can, but some items, such as our instruments, are not disposable and go through sterilization. Sterilization is a process designed to kill all microbes.

After use, the instruments are bathed in a pre-soak solution. Then, they cycle through an ultrasonic cleaner to remove any debris. After the ultrasonic, the instruments are then sterilized in an autoclave which sterilizes through steam under pressure. The instruments reach a temperature of 275°F, which coupled with the pressurized steam, achieves sterilization.

The process doesn't end there. Monitoring our sterilizer to ensure it is working properly is just as important as instru-

ment sterilization. Our office goes the second mile here with three different safeguards to ensure proper sterilization:

1. The instruments are placed in sterilization pouches that have a visible internal indicator that changes color with sterilization heat.
2. Integrated Chemical Indicator Strips are run with our instruments through the sterilization cycle. These strips change color in response to a combination of time, temperature and the presence of steam.
3. Biological Monitoring is the ultimate verification for us. Bacterial spores are considered the most resistant type of microbe, so demonstrating their death provides the main guarantee of sterilization. We run a self-contained vial of bacterial spores and growth medium through the sterilizer. We then break the internal ampule to mix the two, incubate the

vial at 131°F for at least 24 hours and "read" the indicator solution.

We use multiple methods of monitoring to ensure the safety of each and every patient we treat.

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



Biological Spore Testing System