

September 2017



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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Hammerlee Dental Care Newsletter

News Updates

The HDC team loves our Erie Zoo! We attended the adult-only Galapazooza event held in June and had a great time with the “lion luau” theme. Our thoughts have now shifted to the upcoming two week Zoo Boo event. For the 9th year in a row, HDC is proud to be a booth sponsor for this “scary but not too scary” event that runs October 13–30!

In June, Missions of Mercy held their annual MOM-n-PA Dental Mission to provide free dental care to underserved adults. Erie was selected for this year’s mission and it was held at Gannon University. Several of our HDC team members generously volunteered their time

to help meet the needs of our community.

HDC was once again a sponsor for the iRock Fitness 5k in August. This is a fantastic event that benefits Sarah Reed.

Dr. Bill received his MAGD award in July in Las Vegas. Check out the article below to learn more.

As always, our team has participated in a lot of continuing education this summer!

In June, our hygienist, Linda, attended the American Dental Hygienists’ Association District 2 meeting in Stamford, CT and then served as a Delegate for Pennsylv-

ania at the ADHA’s Annual Conference in Jacksonville, FL. Our hygienists, Dana, Linda & Sarah, attended the Pennsylvania Dental Hygienists’ Board of Trustees meeting in Harrisburg in August.

The HDC team was grateful for a fun night aboard the Victorian Princess in September courtesy of photographer Paul Gibbens. Paul is the artist behind all of our beautiful artwork here at the office!



Dr. Bill Hammerlee receiving his Masters in the Academy of General Dentistry

Dr. Bill Receives his Masters in the AGD

In July, Dr. Bill received his Masters in the Academy of General Dentistry (MAGD) at a convocation in Las Vegas, NV. Dr. Bill has been a member of the AGD for over 30 years. To obtain this distinction, he was required to take a minimum of 1,100 hours of continuing education and study 16 disciplines in dentistry, such as periodontics, endodontics, implantology, etc. Dr. Bill

presented case presentations on the 16 disciplines to his peers throughout the last several years.

Approximately 2% of general dentists have achieved Master-ship. This award symbolizes the professional responsibility of general dentists to remain current in their profession and to continue to learn new techniques and materials for the benefit of their

patients. Every dentist who applies has their application reviewed by the AGD Council on Dental Education to assure that the high standards of the AGD are met.

After 33 years of practicing dentistry, we are proud that Dr. Bill has shown such commitment to keeping current with the advances in dentistry.



Silver Diamine Fluoride Application

“Baby teeth are vulnerable to tooth decay as soon as they erupt.”



Cy Niebuhr



Service Spotlight: Silver Diamine Fluoride

Silver Diamine Fluoride is an FDA-approved liquid that helps to control tooth decay and prevent further progression of the disease. It has been used for decades in other parts of the world and more recently in the US. Although it can be used for the treatment of tooth hypersensitivity, it is more often used for cavity control and management.

The formula contains silver, which acts as an anti-microbial

agent by killing bacteria. It also contains fluoride which keeps the tooth structure “strong”. This is a noninvasive and simple procedure that we do here at our office. This treatment does not replace traditional restorative treatment. It is simply an interim type of treatment that can be done for children who have excessive/severe decay; young children who have difficulty cooperating for treatment; certain special needs patients and as a palliative interven-

tion for nursing home populations. Although this treatment is quick, painless and non-evasive, it does have a downside. It will stain any areas of decayed tooth black. It may discolor fillings and crowns as well as skin and gum tissue if it comes in contact with it. It is not a replacement for restorative treatment. It requires repeated applications and the patient may experience a temporary metallic taste.

Children’s Dental Health: When to Schedule the First Visit

Many parents often wonder at what age their child should start visiting the dentist. The easy answer to that is within 6 months of the eruption of the first tooth, or by age one (whichever comes soonest). Baby teeth are vulnerable to tooth decay as soon as they erupt. These primary teeth allow for proper nutrition, speech development and serve as space holders

for the permanent teeth. Having the first dental visit by age one starts your child down the road of preventative dental care early, to facilitate optimal oral health and reduce the incidence of tooth decay.

Dental problems can begin early. The earlier the dental visit, the better the chance of preventing or

minimizing dental issues, especially if the child comes in close contact with others that have tooth decay or “dental caries”. Dental caries is an infectious disease and parents, siblings and caregivers can transmit caries-producing oral bacteria to babies by sharing utensils and kissing. Remember the rule of thumb, first visit by first birthday.

Feature Patient: Cy Niebuhr

This issue’s feature patient is five year old Cy Niebuhr.

Cy loves a good adventure, particularly water adventures. Whether it be fishing, boating, or swimming, he is happy when he’s on the water.

He is a fun, active boy and is

enjoying taking karate right now. Cy says his hero is his Uncle Ben. Cy is a very smart kid and he is in kindergarten at Tracy Elementary. He even knows how to spell the word HAPPY! And if you ask he might even tell you a knock knock joke!
One of Cy’s favorite knock knock jokes is:

Knock knock
Who is there?
Boo
Boo who?
Dang! You don’t have to cry about it!
Everyone here at Hammerlee Dental Care enjoys when Cy comes for a visit and he’s got one fantastic smile!

Did You Know ...

... that our Billing Coordinator, Kristen, is participating in an upcoming body/building fitness competition?

On Saturday, September 30th, she will be competing in the Figure Division of the competition at the NPC Great Lakes Sports Festival at the Bayfront Convention Center. The pre-judging begins at 10am and if selected, she will progress to the finals beginning at 5pm.

This is Kristen's very first competition. She has always enjoyed working out and decided to take it to the next level by joining a gym and setting goals to compete.

She has been preparing since January and that includes working out 6-7 days a week and "meal prepping". Meal prepping for Kristen includes eating 6 small meals per day that consist of a very specific balance of proteins, fats and carbohydrates.

Kristen has been very committed even though it has not been easy. She is very active in the summer and loves spending time on the water. This has required a lot of planning (and willpower!) for Kristen.

Although she is a bit nervous for the competition, she is looking forward to it and already knows this won't be her last. The HDC team will be there to cheer her on and we wish her good luck!



**Kristen Albright, left,
with her daughter
Breanna, right**

Prevention is the Key: Xylitol helps prevent cavities and more

By: George Henderson, Jim Smerdon, Derek Johnson and Joshua Melton

Xylitol is a natural white crystalline substance that looks and tastes like sugar. It is a naturally occurring sugar alcohol (sweetener) found in many fruits, berries and vegetables and produced in small amounts by the human body. It has the same sweetness as sugar but with fewer calories and none of the negative tooth decay or insulin release effects of sugar.

Xylitol is recommended by dentists, medical doctors, periodontists, pediatricians, and many health organizations and health professionals as a sweetener for anyone concerned with dental health, upper respiratory health, and sugar consumption.

Tooth decay happens when bacteria in your mouth consume the sugars we eat. Sugars feed bacteria in your mouth causing them to multiply and produce acids. These acids then attack the tooth enamel causing cavities to form. Since bacteria are unable to metabolize Xylitol, this acid attack is stopped. Xylitol does not break down like sugar and can help keep a neutral pH level in the mouth. Xylitol also prevents bacteria from sticking to the teeth and helps to increase salivary flow, thus reducing plaque buildup as well. The number of acid-producing bacteria may fall as much as 90 percent. This is how it protects the teeth from tooth decay. With Xylitol, your mouth is protected between brushing and flossing.

Use of Xylitol has demonstrated not only a dramatic reduction in new tooth decay; it has also shown the arrest and even some reversal of existing dental decay. Xylitol has been shown to also help repair damage to the enamel. Saliva in itself protects the mouth and teeth. However, saliva that has Xylitol causes an increase or rise in amino acids and ammonia as well as the plaque PH and the result being, calcium and phosphate salts in saliva start to move into those parts of enamel that are weak, causing soft, calcium-deficient enamel to begin to harden.

Xylitol has also been shown to reduce the bacteria which cause periodontal disease, sinus and ear infections.

Studies have shown that decay causing bacteria are passed from parents to their newborn children, starting the growth of these bacteria in the child. Regular use of Xylitol by mothers has been demonstrated to significantly reduce this bacterial transmission, resulting in fewer cavities for the child.

Xylitol products can be found in some of the items that you use or buy on a regular basis. Xylitol is found in toothpaste gel; nasal spray, oral rise; mints, candy, gum, vitamins, and sugar substitutes. Sugar substitute granules can be used in your coffee, tea, Kool-Aid, cereal or any other foods that you might regularly add sugar to. Look for

Xylitol sweetened products that encourage chewing or sucking to keep the Xylitol in contact with your teeth. It is important to note that Xylitol must be listed as the first ingredient to be effective at preventing decay.

Xylitol should be used by anyone with teeth that have cavities or white or brown spots on their teeth. In addition, anyone with a family history of decay would also benefit from the use of Xylitol, as well as those who suffer from dry mouth or are undergoing radiation or chemotherapy treatments.

Studies show that 5 to 10 grams of Xylitol per day are very effective, and preferably should be used 3 to 5 times every day. It's easy to keep track of your Xylitol intake since "all Xylitol" mints and gums contain about one gram of Xylitol in each piece. Use after meals in the form of chewing gum and mints or breath spray, as well as in the morning and at bedtime in the form of toothpaste or mouthwash. Xylitol is safe for everyone, and has been given the safest rating for food additives by the World Health Organization. It's convenient to use because it comes in so many of the products that we already buy or use in our everyday lives. Ask your dentist or doctor at your next visit about the benefits of Xylitol, you'll be thankful you did.[†]

[†] Website: <http://www.nevadaappeal.com/news/lahontan-valley/xylitol-helps-prevent-cavities-and-more-2/>
Accessed: September 21, 2017

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Xylitol



Hammerlee Dental Care



HAMMERLEE DENTAL CARE

5158 Peach Street
Erie, PA 16509

www.hammerleedentalcare.com

Phone: 814-868-3647
Fax: 814-864-2715
E-mail: info@hammerleedentalcare.com

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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.



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.

Q & A : What is Glo™ Science Professional Tooth Whitening?



**Glo Science Professional
Teeth Whitening**

Glo™ is a innovative personal tooth whitening system that we carry here at Hammerlee Dental Care. It is one of the options we have available for you to facilitate a whiter, brighter, more radiant smile. One of the best part of this system is that you can use it at home or on the go! It's fast and easy to use.

GLO is an acronym for "Guided Light Optics" in reference to the technology behind how this system works. The device illuminates with a brilliant blue light as it gently warms, which accelerates the whitening gel. The result is

faster, efficient, long lasting whitening without sensitivity. The gel is made of hydrogen peroxide, is vegan, gluten free, alcohol free and made without triclosan, soy, nuts or latex.

The kit contains the GLO™ Science Professional Whitening Device, mouthpiece, case, 10 whitening gel vials, USB power plug and GLO™ ultra-hydrating Lip Treatment. The device is charged with a USB charger for even more portability.

GLO™ has the claim to fame of reporting 5 shades whiter in 5

days, on average. This is done over 4 daily sessions of 8 minutes each. The GLO™ device is on a lanyard that hangs around your neck so you can go about your day during your 8 minute sessions.

Check out our GLO™ Science Professional Tooth Whitening at your next visit!

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