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Hammerlee Dental Care Newsletter

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Special points of interest:

- 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

Hammerlee Dental Care was proud to be a finalist for the Erie's Choice Awards! On October 17th, our team attended the Awards Ceremony at the Bayfront Convention Center and a great time was had by all!

For the 10th consecutive year, HDC was proud to support our Erie Zoo by being a major Zoo Boo sponsor. The two week long scary-but-not-too scary event is the Erie Zoo's biggest event of the year. Our booth handed out 20,000 toothbrushes and "vampire fangs" to trick-or-treaters 12 and under.

For the second season, we are a major sponsor for the Erie Otters! HDC is proud to once again sponsor the pre-game Benchwarmers and the third period Hammerlee Dental Care Smile Cam. Saturday, January 26th is Hammerlee Dental Care sponsor night with the otters, so look for

our team members that night and the first 2,500 fans in the door will get a surprise from HDC and the Otters. You Otter be there!

In November, three of our hygienists served in major roles at the Pennsylvania Dental Hygienists' Association Annual Session in Scranton. Linda served as President-Elect of the state, Sarah served as Trustee representing Erie, Crawford, Mercer, Lawrence & Venango Counties and Dana served as NW Delegate for 16 NW PA counties. HDC is proud of your commitment to your profession ladies!

Wedding bells will be ringing soon at HDC! Our hygienist, Beth, got engaged on Christmas Eve! She and her fiancé, Mike Owens are having a beach wedding at Presque Isle on August 31, 2019 and are planning a honeymoon in Ocean City, Maryland. Best wishes to you both!

Amanda Beer, EFDA

We want to give a BIG congratulations to our assistant, Amanda! She is a 2018 graduate of the Greater Altoona Career and Technology Center's Expanded Function Dental Assisting Program.

Amanda furthered her education, expanded her scope of practice and has been enjoying

her new role in caring for our patients in this new year. This was a huge accomplishment for this busy mom who works full time. She spent many weekends making the trek to Altoona in the wee hours of the morning to complete her training.

Congratulations Amanda! We



The HDC team at the Erie's Choice Awards Ceremony

Our hygienist, Beth, recently organized a fantastic holiday gift donation to the 4th grade class at McKinley grade school on behalf of HDC. Mrs. Ross at McKinley reached out to the United Way because her students are in need and she wanted to make sure they had Christmas gifts. Beth worked with United Way in sponsoring the class and organized our donations of gift bags with gloves, toys and oral health care items. HDC is appreciative for Beth's organization of the donation & proud to give back to our community.

are so very proud of you!





Service Spotlight: Endodontic (“Root Canal”) Treatment

Each tooth has a pulp in its core that provides a blood supply, nutrients and nerve fibers to that tooth. The pulp tissue can die when it is diseased or injured. If that dead or dying pulp is not removed, your tooth can get infected which sometimes causes an abscess. An abscess is a pus pocket that forms at the end of the tooth, at the root tip, in the jawbone. An abscess can cause damage to the jawbone in the surrounding area. Endodontic treatment, commonly referred to as root canal treatment, can save that tooth.

During a root canal, the dentist

makes an opening in the top of the tooth, removes the pulp and cleans the canal. The canal may be treated with medications to kill germs in it and fight infection. The empty canal is then filled with a special material called gutta percha that seals it off to protect it. Dr. Hammerlee may or may not prescribe an antibiotic for you depending on your individual circumstance. Once the endodontic therapy is completed, a crown is usually then placed over the tooth to strengthen the tooth and rebuild the tooth’s integrity. This procedure completes the restoration process. Good oral hygiene is



Root canal procedure: unhealthy or injured tooth, drilling and cleaning, filing with file, rubber filling

still essential for a tooth that has under-gone root canal therapy due to the fact that it still has the ability to decay.

Most of the time, a root canal is a relatively simple procedure with little or no discomfort involving one or possibly two visits. Best of all, it can save your tooth and your smile!

Children’s Dental Health: Cough Syrup & Cavities

It’s that time of year when coughs, colds and flu can make life miserable for a child. Did you know that spoonful of over-the-counter medicine could add tooth decay to the list of side effects? Many cough drops and liquid medications contain a variety of ingredients that make teeth more susceptible to decay:

“It helps to take liquid medication at meal times instead of bedtime so that more saliva is produced to rinse away the sugars and acids”

Ingredients such as high fructose corn syrup and sucrose can contribute to tooth decay. Citric acid can wear down the enamel of your teeth, and some antihistamine syrups are very acidic formulations.

These risk are magnified if medication is taken before bedtime, due to decreased saliva production.

It helps to take

liquid medication at meal times instead of bedtime so that more saliva is produced to rinse away the sugars and acids.

Brush teeth with fluoride toothpaste after taking medication. If your child can’t brush, they should rinse their mouth well with water or chew sugar-free gum after taking liquid medication.

If it’s possible, choose a pill form of the medication instead of syrup.

Feature Patient: Maeve Bishop

Maeve Bishop is a very talented ballet dancer! She dances at Sovereign Ballet and has been dancing for 14 years and recently performed at the Warner Theater in “The Nutcracker” in the lead role of Clara. Of her performance, Maeve says “I was so excited to play Clara because she gets to tell the whole story of the nutcracker. It was so magical getting into character and performing. In-

teracting with all of the other characters in the show and dancing alongside professional dancers was so special to me.”

Maeve is currently a senior at Mercyhurst Preparatory School and plans on dancing in college as well as studying integrated marketing and communications.



Maeve Bishop

She hopes to keep dancing after college and get as many experiences in ballet as she can.

When she’s not dancing, she loves spending time with her family, traveling and shopping. HDC wants to congratulate Maeve on her spectacular performance as Clara!

Did You Know ...

... Amanda is an award winner? Our now Expanded Function Dental Assistant, Amanda hosted a Women's Day Out Event in 2018. She wanted to use the event to give back to her community and wanted to give an opportunity for her friends to showcase their local businesses while donating to a great cause.

Amanda researched local organizations and narrowed her search down to three. When she read the Second Harvest Food Bank of NW PA mission statement starting with "We believe that providing food is not enough", she knew they were the one! Amanda says "The beautiful souls involved in the organization continuously go a step further by educating and creating awareness. I aspire to be someone that does the same. The generous vendors from the event had no problem making a donation to raffle off knowing proceeds would help provide food, even if

just in a small way." Amanda was humbled by receiving an award at the 30th Annual Bread Box Awards ceremony. This event recognizes groups and individuals who host fundraisers and food collection events for Second Harvest. The awards honor those who helped alleviate hunger in our area in the past year. Amanda won first place for individual category from donations raised at her Woman's Day Out Event. Amanda is thankful for the contributors and sponsors who participated in the event. Congratulations on your award Amanda, you make us proud!



Amanda Beer

Prevention Is The Key: Heavy Drinking Could Raise Your Gum Disease Risk

By Amy Norton *HealthDay Reporter*

Similarly, research suggests that an imbalance in the mouth's microbiome might raise the risk of cavities and gum disease -- and possibly cancers of the head, neck and digestive tract, as well as heart disease.

"We wanted to look at the question, 'What are the lifestyle factors that influence the oral microbiome?'" said senior researcher Jiyoun Ahn, of NYU Langone Health in New York City.

Drinking habits were a natural factor to consider, according to Ahn. Heavy drinking is linked to higher risks of gum disease and certain cancers of the head and neck -- and there is evidence that alcohol changes the bacterial makeup of the mouth.

Ahn's team analyzed mouthwash samples from 1,044 U.S. adults who were part of two ongoing national cancer studies. Of those people, about one-quarter said they were nondrinkers. Another 59 percent were moderate drinkers, and 15 percent were heavy drinkers.

"Heavy" was defined as drinking more than the limit recommended by U.S. health officials: one drink per day for women, and two per day for men.

Overall, the study found, drinkers -- especially heavy drinkers -- tended to have fewer Lactobacillales, a type of "good" bacteria commonly used in probiotic supplements.

Drinkers also typically had higher levels of certain "bad" bacteria, such as Bacteroidales, Actinomyces and Neisseria species. It's not clear, however, what to make of the findings, according to one expert who was not involved in the research.

The findings do not prove that alcohol, per se, explains the differences among study participants, said Yiping Han, a professor in dental medicine and microbiology at Columbia University in New York City.

Han explained that the oral microbiome could be influenced by a wide range of factors -- from diet, tooth brushing and dental care, to income and other demographics.

Plus, Han said, it's unclear how many people in the heavy drinking group might have been alcohol-dependent. And those individuals could be markedly different from nondrinkers and moderate drinkers.

Ahn said she and her team did account for a number of those factors. They looked at people's age, race, smoking habits, education level and body weight, for example. But, Ahn said, there still could be other differences between nondrinkers and heavy drinkers that her team could not consider.

"This is the first study to show this relationship, and more research is necessary," Ahn said.

One question is, why would alcohol selec-

tively cause an increase in some bad bugs and a dip in some good ones?

"We don't know," Ahn said. "So next we want to study the possible mechanisms." Another question, she added, is whether heavy drinking promotes certain diseases by changing the bacterial makeup of the oral cavity.

That's possible "in theory," according to Han.

"But at this point, we can't come to any definitive conclusions," she said.

The bottom line, Han said, is that the standard advice still stands: "It's always wise, for everyone, to practice good oral hygiene and have a generally healthy lifestyle."

As for drinking, Ahn said, the study offers more evidence that moderation is key.

"We already know that heavy drinking is a risk factor for many diseases," she said. "So, the possible effect on the oral microbiome is one more reason to avoid heavy drinking."

The findings were published online April 23 in the journal *Microbiome*.

Website: <https://www.webmd.com/oral-health/news/20180424/heavy-drinking-could-raise-your-gum-disease-risk#2>;
Accessed January 10, 2019



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Dr. William D. Hammerlee

The Hammerlee Dental Care Team

Dr. William Hammerlee has been a dentist in Erie, PA since 1984. Raised in Corry, Pennsylvania he is a graduate of Asbury University 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 Master in the Academy of General Dentistry.

Dr. Adam Hammerlee grew up in Erie and is also a graduate of Asbury University 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.

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

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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



Always use a soft toothbrush to prevent

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.

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:

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