



# Hammerlee Dental Care Newsletter

excellence in a comfortable setting

Volume 3, Issue 3



## News Updates

In January, our assistant Cassie created a beautiful auction basket that was donated for the Third Annual Birthday Benefit in Memory of Guy Swanson. All proceeds benefited Emma's Footprints and New Blossoms New Life Foundation. The event raised over

\$10,000 that was split between the organizations. Thank you Cassie for coordinating and representing HDC for this donation!

Wedding bells will be ringing for our hygienist, Beth! You can read more on page 3 of our newsletter.

January 26th was our 2nd Sponsor Night at the Erie Otters. Our team came out for this fantastic night and the first 2,500 fans in the door received HDC/Otters thundersticks. Dr. Bill, our office manager, Linda, did the ceremonial puck drop before the game with 2 of our team members'

sons. A great time was had by all!

Our hygienist, Amy, organized a HDC donation of 100 kids toothbrushes in February to be taken to St Vincent & the islands and distributed to children in need. Great job Amy!

In February, Dr. Bill treated the staff to the annual Erie County Dental Association's Staff Appreciation Night at Junior's Last Laugh. Our staff had a great dinner and enjoyed some hysterical comedy.

It's a baby boom here at HDC! Both our associate dentist, Dr. Cortney, and our assistant, Cassie are expecting!



The HDC team with comedian Rodney Laney

### Inside this issue:

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

### 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

## HDC supports Pucks & Pins with the Erie Otters

On January 20th, HDC proudly sponsored the Erie Otters Hockey Team at the first ever Pucks & Pins! HDC has been proud to sponsor the Otters throughout the season, but this event was a special extra! Dr. Bill and Linda joined with

some friends and family to bowl with the Otters. Joe Mack (#22) and Jacob Golden (#5) were on the HDC team and a great time was had by all. Dr. Bill was one of the top bowlers of the day and enjoyed talking with the players.





## Service Spotlight: Occlusal (or “Night”) Guards

Occlusal guards are commonly referred to as night guards and sometimes bite plates or occlusal splints. These guards are a special kind of mouthguard that is a removable appliance that is designed to fit on one arch of the mouth. They are used to protect tooth structure and restorations for people prone to grinding their teeth at night (bruxism) or nighttime clenching. They also serve to reduce subsequent muscle strain.

A dental laboratory makes this custom fit appliance out of a specific heat-cured

acrylic resin. This durable resin allows for a longer life span of the appliance than many softer materials such as those used for sports mouthguards or whitening trays.

These guards are made to fit over all of the upper or all of the lower teeth. Each person and situation is different, and Dr. Hammerlee will determine whether he



*Occlusal Guard*

would recommend an upper guard or a lower guard based on your individual situation. Occasionally, both an upper and lower guard is recommended in certain exceptional cases.

These guards are worn each night during sleep on a long term basis to alleviate damage and discomfort due to nocturnal gnashing.

## Children’s Dental Health: Braces-friendly habits

Orthodontic treatment is an important investment in the future. There are foods that can loosen, break or bend wires and bands when you are wearing braces.

Avoid hard foods such as nuts and hard cookies. Foods such as apples and carrots should be chopped into small pieces before eating to reduce the stress on your braces. Avoid

sticky foods such as caramels, toffees, muesli or fruit bars. No chewing gum. No chewing ice.

Habits such as nail biting, unnatural tongue thrusting, pencil chewing and nervous picking at your wires can also break braces. Be aware of these and make an effort to stop them. Remember that damaged braces mean extra appointments, inconvenience and

*“Brace wires, cementation bonds and attached brackets can bend, break or fall off when care is not exercised in the choice of foods and snacks.”*

extended treatment time. If you do break your braces, make sure you visit your orthodontist right away.

## Feature Patient: Amari Brunson

This edition’s feature patient is Amari Brunson. Amari is a Sophomore at Villa Maria Academy here in Erie and is 16 years old. She traveled to Chicago on a school trip not too long ago and had a fantastic time.

Amari likes to dance! She likes to step and her team is called SIA Step Team.

Amari is the oldest of three children. For her career, she would like to be a Pediatric Dentist or Orthodontist. Her teeth are her favorite thing that she likes about herself.

In addition to keeping very busy with school and dance, she is



*Amari Brunson*

also volunteer for her aunt’s small business, Rent-A-Toon.

We love to see Amari and her beautiful smile here at the office!

## Did You Know ...

... that wedding bells will be ringing this summer around Hammerlee Dental Care?

Our hygienist, Beth, became engaged on Christmas Eve and has been busy planning her wedding ever since. Beth's fiancé, Mike Owens popped the question and everyone here at the office is so very happy for her.

Beth was completely surprised when Mike popped the question. He had chosen a beautiful ring (all by himself) made of rose gold and diamonds and now Beth is completely obsessed with rose gold!

She's added a rose gold necklace and a rose gold watch to her collection to go with her wonderful ring.

Beth and Mike are planning on a beach wedding in late August. Presque Isle will make a perfect backdrop for their ceremony. Their reception will be an outdoor event at Pleasant Ridge Park.



*The future Mr & Mrs Owens*



After the wedding, honeymoon plans are set for Ocean City Maryland. Neither Beth nor Mike have been there yet, so it's a perfect spot for them to explore together. Best wishes go out to

Beth and Mike and we can't wait for the wedding!

## Prevention is the Key: The Do's and Don'ts of Fad Diets and Oral Health

While we're well into 2019, many people might still be settling into their healthy eating resolutions and new health trends. Whether this is your situation or not, it's important to know how the food we eat affects our body, but dentist Dr. Shannon Hobbs tells us we need to consider the effects on our oral health too. First, Dr. Shannon suggests we look for balance in your diet including: cheese, fruit, vegetables, hard boiled eggs and nuts.

Things to avoid or change in our everyday meals and snacks are:

- Stay away from lemon water and fruit juices: the acidity and sugar causes harm to your teeth
- Too much sugar in your coffee or tea isn't ideal
- Aim for sugar-free snacks or snacks sweetened with xylitol, a sugar replacement that protects your teeth
- Eat your sweets with a meal rather than as a snack
- Avoid sweets that stick to your teeth
- Keep a travel-size toothbrush with you so you can brush your teeth after having sweets

### **TREND #1: GLUTEN FREE DIETS**

Some people deal with conditions such as celiac disease, wheat allergies and gluten sensitivities, but saying away from gluten has become a popular trend and lifestyle choice that many are taking part in voluntarily. Dr. Shannon warns us that many gluten-free products lack necessary nutrients to keep our teeth and bones healthy, such as fiber, iron, calcium and vitamin B12. Specifically, kids younger than seven years old are at risk of enamel defects and a higher amount of cavities in their permanent teeth.

### **TREND #2: APPLE CIDER VINEGAR**

Another popular trend is drinking apple cider vinegar, as it is said to have a lot of positive benefits on the body like getting rid of acne and aiding in weight loss. However, we shouldn't disregard what this trend can do to our teeth. The product is highly acidic and it weakens the tooth's enamel, making them more prone to chipping, breaking, sensitivity, pain and cavities. A tip to manage the acidity in your mouth is to snack on cheese, almonds or cashews that neutralize the acidity levels with alkaline.

### **TREND #3: LOW CARB, HIGH PROTEIN DIETS**

Carbs in general turn into smaller sugars that are used by the mouth's bacteria to produce acid. So, the low-carb part of This trend works, but replacing carbs with more protein is not the best for your oral health. Protein fuels the sulfur and phosphorous in your saliva to sulfuric acid and phosphorous acid in your mouth which leads to bad breath and damage to teeth. The best way to say away from this issue is to keep a balanced diet with the recommended intake of protein and lots of vegetables.

Extra Tip: be sure to check the ingredients of your protein powders. Many add more sugar to improve the taste, but end up hurting your dental health.

### **TREND #4: CARBONATED DRINKS**

The acidity in your mouth from these drinks comes from the carbon dioxide in it that turns into carbonic acid. This weakens Your enamel, but if you do consume them, make sure to have them with food, rather than on their own. Finally, using straws to drink them doesn't neutralize the acidity; it just decreases the amount of stain on your teeth. †

† Website: <https://www.theloop.ca/the-dos-and-donts-of-diet-fads-and-oral-health/>  
Accessed February 28, 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](mailto:info@hammerleedentalcare.com)*

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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. Make sure we have your current email on file the next time you're in the office.

**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. Remember to keep your mobile number updated with us!

**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



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

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:*

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