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The Newsletter for the patients of Dr. Lee Sheldon

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Dr. Sheldon Reports

excerpted from his column in Florida Today

Nutrition and Periodontal Disease

The area that doctors and researchers are studying very carefully is chronic inflammation. In fact, chronic inflammation may very well be the common link to all of the chronic degenerative diseases—arthritis, heart disease, some forms of cancer, and periodontal disease to name just a few. I mention periodontal disease, because as a periodontist, that is what I see on a frequent basis.

Periodontal disease is that disease which causes a loss of the supporting bone for the teeth. Also known as pyorrhea and gum disease, periodontal disease robs the person of his or her teeth, resulting in loss of mouth function, loss of support of the facial tissues, and discomfort in eating.

So why bring this up in this column. The facts are changing in regard to this disease. For years, we have emphasized controlling plaque. You know—Floss your teeth, brush your teeth. “But you showed me how to floss my teeth last time!! “ Well, get even more used to the lecture, because we have even more information that links gum disease to overall disease. Your body’s immune response to plaque in your mouth results in chronic inflammation. That chronic inflammation not only destroys the bone supporting your teeth, it also destroys tissues all over the body. Yes, that’s right, all over the body.

But if you think that’s all, just hang on here a little longer. While plaque is necessary in the start of periodontal disease, there are other factors that will worsen it and worsen the chronic inflammation in the rest of your body.

What is that, pray tell? NUTRITION!!! In fact, nutrition can play a positive or a negative role depending on how positively or negatively you eat. You already know what the bad things are, highly processed food, fast food. Have you ever seen what a McDonald’s hamburger looks like 4 years after it’s cooked. I have one. It looks exactly the same as when I bought it, bun included. I’ll show you. How good is that for you?

The American Heart Association recommends 4-5 servings a day of fresh vegetables and 4-5 servings a day of fresh fruits on a 2000 calorie diet. Yes, that means 8-10 servings (a serving is usually a half cup of a dense fruit or vegetable or a full cup of a leafy vegetable) of delicious fruits and vegetables. That will reduce your risk of heart disease, and it will also reduce your risk of other degenerative diseases, including periodontal disease.

“But I take my vitamins,” you say. Sorry. Vitamins don’t cut it. A multivitamin has generously 50-75 nutrients in it. A whole fruit or vegetable—over 12,000 nutrients that have been identified already. Some studies on vitamins A, C, and E were stopped because those people taking the vitamins were doing worse than those who weren’t.

Whole foods is the answer. And there are also whole foods supplements that you may take to help.

So, just before you brush and floss, have an apple, eat some grapes, dip some carrots in peanut butter (unprocessed). Eat the good foods. They may save more than your teeth.

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Bite of the Month

by Courtenay Zambrano

This is an example of papilla regeneration. This is not typical of what is ordinarily achieved. However, at the same time, if we are able to create the opportunity, fantastic regeneration like this may occur.

For patients who have a great deal of recession on the facial surface of the teeth (not the area between the teeth) a great deal of root coverage can be achieved and with the biologic modifiers that are now available, results like this are becoming more and more common.



Before



After



SCAN WITH
YOUR SMART
PHONE TO VISIT
OUR WEB-SITE

Meeting the Neighbors

Anyone who has had children will appreciate this story. My son who is now 20 years old has been the most wonderful experience that has come into my life! There are always things that happen that you never forget. My son was about 1 1/2 years old when we just moved into our new home in Walnut Creek, California. We had been in the home less than 2 weeks. It was around the beginning of December and I had not had a chance to meet the neighbors, until one crazy and embarrassing morning. I woke up around 8:00 am still in my pajamas. There was a stray cat that would not leave the backyard, so every morning I would put out fresh food and water. Austin woke up and when I was getting ready to change him into his clothes I decided to take care of the cat first, who was waiting for his meal. Austin was just in his diaper. I went outside in my PJ's and Austin was behind me unannounced and slammed the door. When I tried to go back into the house with Austin the door was locked. Here I am in PJ's, Medusa hair, son naked except for wearing a diaper. It was pretty cold that December morning. Of course, I did not have a spare key nor a cell phone. They were unheard of at that time. I had to either wait all day out there until my husband came home for dinner or go meet the neighbors next door. So neighbors it was. I picked up Austin and next door we went. I rang the door bell and a 90 years old lady opened the door and said, "Oh my goodness, the little fella is naked". I then introduced myself, and she led us into the living room where I was able to call my husband. The lady had a good laugh and so did my husband on the phone. The lady said that kids can put you in the darnedest predicaments. Needless to say the lady and I became well acquainted, and I had a spare key made which I had to use several times because of Austin.

Laura Widener

EAPT

Why do so few patients in our office need periodontal surgery when they have periodontal disease?

The answer is E.A.P.T., Endoscopically Assisted Periodontal Therapy. One of the major problems that accompanies periodontal disease is the accumulation of hard calculus below the gum line. Loss of the periodontal bone support occurs as a result. Traditionally, calculus is removed from the tooth by "feel." In other words, the hygienist feels the calculus with her instruments and gets it out. The difficulty is that we cannot always feel the calculus, and studies have shown that we can get only 50-90% of the calculus out of shallow pockets by feel. If the pockets are greater than 5 mm., the chance of removing all of the calculus goes down much further. But if you can see the calculus, the chances of removing all of it goes up to 99%. Over 12 years ago, we acquired the Perioscope, a tiny endoscopic camera that we can place below the gum line. So now we could see the calculus. Together with Rebecca, our hygienist of 27 years, and the Perioscope, many of our periodontitis patients stay under control without the need for gum surgery. We have a new video on EAPT. Ask for it the next time you're in the office.

Dental Study Club

Our new dental study club, The Brevard Study Club for Dental Hygienists (BSCDH), recently held its kickoff event at The Pizza Gallerie in Viera. Attended by over 40 hygienists as well as our staff and sponsors, Dr. Sheldon gave an exciting talk on Classification of Periodontal Diseases. (Yes, you can make a talk on periodontal disease exciting.) Great food and great prizes rounded out the event. Surveys after the event said that the BSCDH is a hit! We were jam-packed for the first event and will need a larger venue for the next one in April.



SCAN WITH
YOUR SMART PHONE
FOR OUR WEB-SITE



Goosy - Cat of the Month

My name is Goosy. I love to cuddle next to you and be petted. I have very soft fur and a bob tail like a Manx. I have been spayed and get along well with other cats. I am very sweet but a little shy at first. Please consider adopting me or one of my other cat friends that I live with. My foster mom's email is catluvr51@hotmail.com or else you can call her at the office (259-9980)- her name is Eleanor.



Do you have questions for Dr. Sheldon? Email them to LeeNSheldon@cfl.rr.com or snail mail to the office, 2223 Sarno Road, Melbourne, FL 32935

What You Said

"I love Dr. Sheldon. He does a good job and I am very happy. I am able to chew everything now. The first day, I ate a steak and it was so good to chew. Everything went great with my treatment. Dr. Sheldon and the girls are great! I am so happy because I can't even tell that these are not my real teeth! I am so happy!"
~ Louisa C.

"Today I can smile without being self-conscious about the gap and with the implant, I don't have to worry about losing the crown which I had lost several times. I can also chew and not think about losing it again and the whole process was practically painless! Thanks Dr. Sheldon and your great staff!"
~ Ellen F.

"I cannot tell you how happy I am that I came to Dr. Sheldon for my implants. Everyone was so very considerate and helpful. I just had my bottom implants, but will soon be back to have my upper plate worked on. My teeth feel so great and I can bite and chew again. I cannot thank Dr. Sheldon and his staff for all their help."
~ Florence G.

What's Dr. Sheldon Doing Now

Our new book, **The Ultimate Mouth Manual**, will be out later this month. I say "Our," because my co-author is my son, Dr. Matt Sheldon. (Doesn't that make a dad proud!) The Ultimate Mouth Manual is written for the patient. It's simple, covers a broad range of topics in dentistry, and literally came from the questions that you have asked. And of course, you'll find some expanded articles on your overall health derived from my "Focus on Seniors" column in Florida Today. The target date for publication is March 1.

