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BITES**



The Newsletter for the patients of Dr. Lee Sheldon

November 2011

Dr. Sheldon Reports

excerpted from his column in Florida Today

Imagine All Your Teeth Fixed in Place

You have a bad tooth. You go to the dentist and get the filling. Then the tooth hurts. You need a root canal and a crown. That's OK if it happens once or twice. But what happens if you go through this sequence again and again? Are there other answers?

Yes, there is another answer, an answer that doesn't decay, that has a better success rate than any form of tooth replacement: a dental implant. Along with the implant, you'll need a crown and a post to hold the crown onto the implant.

OK, you say, a dental implant will work, but I'm having this problem again and again and again. I can't afford a dental implant for every tooth that goes bad. Well, there's lots of good news here. You don't have to replace every bad tooth with an implant.

Other people who have bad teeth, rather than continuing to replace them, opt out of the dental system. They wait for the ultimate to happen, and then they think that they'll have to have dentures. Why? Dentures are less expensive, they don't wear out readily, and it's the only answer they know.

What would happen if you combine the lower cost of denture materials with implants?

You would have a tooth replacement system called a hybrid, a dental implant-supported denture with all the security of implants supported by bone, and a denture fastened to those implants. It wouldn't move and wouldn't cause denture sores. It would be smaller so the roof of your mouth wouldn't be covered. You would chew almost the way you did when you had healthy natural teeth. You wouldn't have to have your dentures removed if you had surgery. You wouldn't have to think about what you can and cannot order on the menu. And in the event that a tooth broke, it would be a simple repair.

Implant-supported hybrid dentures are nothing new. They've been around for more than 25 years. They're generally used to replace full arches of missing teeth. Almost everyone who is missing teeth still has enough bone support for a hybrid. And with the modern dental CT-scans, we can often find good implant-supporting bone we couldn't see on traditional X-rays.

So, if you've been missing teeth for years, you still qualify for a hybrid. And hybrids are cost-effective, costing roughly half of what a full arch of implant-supported crowns would cost.

Some of the happiest patients we have are ones who found an answer to the continual downward spiral of dental disease. They found hybrids, and are smiling and chewing better than they have in years.

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Bite of the Month

by **Courtenay Zambrano**

Have you ever heard the statement "it's like the elephant in the room?" Recently, I had a patient that was missing a front tooth and he said that anytime he walked into a room full of people, he felt as though his missing tooth was "the elephant in the room." We are always more conscious of our flaws than anyone else. So why not change that?

Patients come to us every day missing teeth for many reasons. Some have lost teeth due to decay, periodontal disease, or accidents. The case featured here is a case where the patient was congenitally missing two teeth. This patient is a 16 year old teenager brought to us by her mother. They wanted Dr. Sheldon to place implants in the missing areas



Before

You can see to right the difference these implants have made. This patient can now smile and not be self-conscious or embarrassed of her smile.



After

You can imagine the self-confidence this young teen gained by not having to worry about her smile.

My Philosophy

Dentistry isn't a commodity.

And I believe that I as your dentist can make a difference in more than just your mouth.

Your overall health is my interest, whether you are dentally healthy and need wellness advice or whether you are a dental cripple and need rehabilitation. It is my job to improve your oral health and, as a result, your general health.

My responsibility is to you, not your insurance company, not even your other dentist as a first priority, but to you. Nor do I feel responsibilities to other industries whose tenets may conflict with your overall health and who at worst may profit from your failure.

My job is to give you direction and give you a total dental health plan that if followed, will give you success in your mouth and as such, success in your total health.

I need your communication. I need your participation. I need your contribution, but most of all, I need your commitment. This is our journey and as long as we both agree, I will guide you, always making your needs my first priority.

Lee N. Sheldon, DMD

What's New in Periodontal Diagnosis?

It's All About Predictability

One of the most important questions from our patients is predictability of periodontal and dental implant treatment. They are both quite predictable, but new diagnostic technology is increasing that predictability even further.

You already know that bacterial plaque is the basis for oral disease. What you may not know is that there are certain bacteria that are more harmful than others. Even then, our immune systems can fight the bacteria until the quantity of that bacteria crosses a certain threshold. Then the bacteria wins, and we lose. What if we could identify the type and quantity of bacteria in advance and then could track your bacterial control during treatment. The technology is now there to do just that. Essentially, all you need to do is spit in a cup, and the laboratory can tell us all of the above information. Then we do treatment, you spit in a cup again, and the laboratory tells us how well you've done. This helps us better tailor your treatment, knowing which bacteria we are treating and how to treat it. And that means saving more of your teeth predictably.

You may also want to know your genetic predisposition to disease or even to success of surgical treatment. A DNA test is now available that can tell you that information. And with that information, we can help you take special precautions, if necessary, to assure your success of treatment.

These new technological advances will make your treatment more predictable than ever.



Happy Thanksgiving

Being Thankful

Being thankful is not "new" but maybe we need to "renew" the art of being thankful. Being thankful is an emotion that can transform those around you. By being thankful, first you can change your mindset, second you will change the mindset of those around you which in turn will change the mindset of those they come in contact with. Yes, one individual can make a difference.

If you have a roof over your head, indoor plumbing, as much water as you need, and enough food to eat every single day then you are living in the top 5% of the world's population, economically speaking. Just think about that for a minute and let it sink in. It doesn't matter if someone scratches your car door if you have to worry about how you will get clean drinking water for your family later that day. We are so blessed to have what we do and we are obligated to think about those less fortunate than we are. There will always be more people who do not have enough than those who do.

So "BE THANKFUL", I know I am. I am thankful for all of you and I hope this Thanksgiving, you too will find things to be thankful for.

Jennifer Ashley

Baby Cakes - Cat of the Month

My name is Baby Cakes. I am a sweet, good-natured, easy-going big boy.

I love to sit around and be petted. I have been neutered and get along well with other cats. 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 Is Solid Bite?

What is Solid Bite?

This is a common question.

Solid Bite is a concept of giving one stable and predictable teeth. People seeking Solid Bite fall into two categories:

- 1) They have given up on dental care, primarily because conventional dental procedures haven't worked for them.
- 2) They are wearing dentures and are frustrated with the embarrassment, the discomfort, the limited food choices, the altered ability to taste their foods, the messy adhesives, etc.

Our goal, which is nearly always achieved, is to give you good-looking teeth that you can smile with, and chew with, without thinking about them.

So if you've always hoped for a dental solution or if your friends and loved ones are looking for a new dental solution, Dr. Sheldon has helped thousands achieve that goal. And with a \$50 donation to charity in exchange for a consultation and x-rays, you could be on your way to a beautiful, predictable, and comfortable dental result.

Last Chance for Year-End Benefits

Have you been delaying your necessary dental work until just the right time? Keep in mind that any dental care applies to "medical expenses" on your tax return. So if you've had enough medical expenses to qualify for a deduction, then part of your dental treatment may be paid for by Uncle Sam. Please check with your tax advisor. For those with dental insurance, why not take advantage of any benefits that you have not used in 2011?