



Lee N. Sheldon, DMD
2223 Sarno Road
Melbourne, Florida 32935

PSRT STD
US POSTAGE PAID
ORLANDO, FL
PERMIT NO. 179



The Newsletter for the patients of Dr. Lee Sheldon

September 2011

Dr. Sheldon's Column

excerpted from his column in Florida Today

Sinusitis Won't Clear Up? It could be your tooth. Dr. Lee Sheldon

Over 13 % of Americans suffer from some form of chronic sinusitis. It is one of the most common medical complaints costing 6 billion dollars and 13 million doctor visits a year. While many sinus infections are self-limiting (will go away by themselves) or are easily treated with antibiotics, there is a group of patients for which sinus infections are a way of life. And one of the previously hidden causes for such sinus infections is now coming to light offering new hope to those who thought there was no answer.

Studies done by the Ferguson group of otolaryngologists at the University of Pittsburgh Medical Center initially looked at 5 patients whose treatment of sinusitis through endoscopic sinus surgery had failed. The elusive cause—a dental infection. What was interesting is that three of the five patients had already been screened for dental infections and were told that they had no dental pathology. The difference was a CT Scan, because the CT scan can see pathology that might otherwise be missed with conventional dental tests and x-rays. These patients were then retreated with extraction of the offending tooth or teeth along with sinus surgery. All five patients' sinus symptoms resolved.

The group then looked at a sample of 186 patients who had previously had CT scans taken for sinusitis of the upper jaw. The findings were clear that many of the infections were of dental origin. What was even more significant was that the more fluid that was in the sinus and the more serious the sinus disease, the more likely it was due to an infected tooth. How significant? 86% of the acute severe sinus cases showed a dental origin.

The message is a telling one. First, the CT scan is much more diagnostic for a tooth-sinus relationship than was previously thought, and we need to look at that possibility more carefully. Second, we cannot always rely on conventional dental testing to diagnose a possible dental source of a sinus infection.

From a personal perspective, I have seen much more evidence of sinus pathology related to teeth since the advent of the dental cone-beam CT scan (CBCT).

If you have a sinus infection that hasn't resolved, these findings could be significant for you. The action that I would take would be the following: Talk to your ENT surgeon. If your CT scan was taken recently, ask that a new review of the scan be done, looking for a possible dental source for your infection. If that is still unclear, get a dental CT scan taken and have it reviewed both by the dentist as well as a dental radiologist. If a dental infection is the source of the problem, a cooperative dental/medical approach may help you.

Lee N. Sheldon, DMD
Dental Implants-Periodontics
Dental Rehabilitation
2223 Sarno Road
Melbourne, Florida 32935
www.DrLeeSheldon.com
Email: LeeNSheldon@cfl.rr.com
(321) 259-9980
(877) 259-9980 toll free
(321) 259-9336 fax

Eleanor Sheldon
Deputy Executive Director

Danyel Joyner
Office Manager
IV Therapist

Rebecca Caudill
Dental Hygienist
Endoscopy Therapist

Kasey Klein
Dental Hygienist
Continuing Maintenance

Laura Widener
Patient Coordinator
Dental Assistant

Nicole Aldridge
Surgical Assistant
IV Therapist

Courtenay Zambrano
Sleep Apnea Assistant

Jennifer Ashley
Communications Manager

Stephanie Wintercorn
Marketing Manager

Joy Riccardo
Front Desk Manager

Bite of the Month

by Courtenay Zambrano

New patients enter our office every day with the same complaints of not being able to eat what they want. We often hear things such as: "I want to talk and not constantly try to hide my bad teeth." or "I'm tired of spending so much money on my teeth, just to have them fall apart anyway." Dr. Sheldon is able to give people a total transformation of the mouth! Patients come in with pictures from their past and these photos are always of them smiling, yet the patient presenting these happy photos look so unhappy. When a patient completes treatment with Dr. Sheldon, I'd like to think that after all these years, they can finally begin filling their photo albums with smiling photos once again.



Before



After

Here is an example of a patient that fits the above paragraph perfectly...it's no secret why she can't quit smiling!

~ "This was probably the best thing I ever did for myself. They look totally natural and feel totally natural. I can talk and laugh in public with confidence." ~ Ellen

Staff Bites

I am a dog person, especially Labs. Last December I heard about a litter of puppies that were being given away and their mom was a yellow lab and their dad was a “Man of Mystery.” They looked like precious lab puppies and I wanted one. So the best thing to do was to get one and give it to my husband for Christmas. That way I got my puppy and got my husband’s Christmas present at the same time. This works very well – if you want a present, just give it to your spouse.



Tyler

We named her Tyler Florence after a chef on the cooking channel and the world was good. As the months went on, our perfect yellow lab began to show signs of “daddy.” The ears were way too short for a lab. We looked into getting ear extensions, like hair extensions, but it was too costly. Something funny was happening with her legs and her face and it soon became apparent that “daddy” was a terrier. Now that’s two dogs who should never have sex. Funny looking, silly acting, never shuts up, and I don’t mean barking, I mean talking. She will tell you all kinds of stories and we are never quite sure what she means. We just nod and agree. She really gets her point across. She has brought so much laughter into our family and you can’t help but love her and her strange ways. So if you find yourself the owner of an odd-looking, talking mutt, you may have something worth its weight in gold.

Rebecca Caudill, RDH

What’s Lee doing now?

Ever heard Dr. Sheldon sing in the office?

How many of you have said to him, “Keep your day job?” Now we know he makes a lot of noise that he calls singing in the office, and we tolerate him. After all, he is the boss. But there’s a pretty open secret. He is the High Holiday Cantor at Temple Beth Sholom. That means that he leads the congregation in song, does quite a bit of solo work, and from all reports has a much better voice than you hear in the office. Last year, he actually sang a bit of the Rosh Hashana service at our office staff meeting. And as much as we hate to admit it, he does have a good voice. So if he does his typical loud squealing when you’re in the office, just give him a wink. You know better!

Pixie - Cat of the Month

My name is Pixie. I was surrendered to the shelter

when my former owner had to move to a no-animal apartment. I am about six years old and spayed. I am very sweet and love to sit on your lap (or chest) and be petted. I am very vocal and talk a lot. I get along with other cats okay but wouldn’t mind at all being your only cat.

If I’m not your cup of tea, my foster mom has many other cats from the shelter to choose from. Please consider adopting one of us. Just call the office and ask for Eleanor or email her at catluvr51@hotmail.com.



What’s New

Imagine digging a ditch without knowing where the underground plumbing or wiring is. You’ve seen the signs from the cable company, “Call before you dig!” The reason is very simple. You can dig the hole, but what happens if you hit the cable? We need to look at dental implant surgery in the very same way. The bone has irregularities, is thick in some areas and thin in others. That’s why we take a CT scan before doing dental implant surgery. We can measure the thickness of the bone because the CT scan shows us the bone in 3D, just like Captain America. One reason we have the CT scan in our office is because the radiation dose is so small, just 2% of the radiation of a similar medical CT scan. In larger cases, Dr. Sheldon **designs** the entire surgical procedure on the computer. From that design, a **custom-made** surgical guide is made in a special lab in New Jersey. The surgical guide helps guide Dr. Sheldon in placing the implants in same position in your mouth as he designed on the computer. For most that means that the surgical procedure is **twice as fast** and many times doesn’t require any sutures at all. Dr. Sheldon was the first dentist in central Florida to use this technique.

Dear Dr. Sheldon...

Dear Dr. Sheldon,
I recently lost a tooth. I’ve been told by my dentist that I can have a dental implant or a bridge to replace the tooth. How do I know which one to choose?

That’s a good question.

The answer has very much to do with what will preserve your teeth for the longest time. When a bridge is done, the two teeth adjacent to the missing tooth are ground down and a permanent bridge is made which is cemented to the two teeth as well as replacing the missing tooth. When an implant is done, only the bone that originally housed the root of the missing tooth is prepared. So essentially, you are replacing the root of the tooth that was originally there with a new root called a dental implant. I will sometimes recommend a bridge rather than an implant if extensive bone grafting is necessary to place an implant. The question is best answered by saying that I recommend the procedure which is least invasive for you.

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!

Dr. Sheldon,

Thank you so much for giving me a new lease on life. It’s so nice to go out to lunch or dinner and not worry about the slipping dentures. It’s a secret that I’m glad to be rid of. I’m so glad that I had the implants and would recommend them highly. Thanks.

Loretta W.

My experience with Dr. Sheldon and his wonderful staff has been 5-star. The dental implant was as easy as any dental work I’ve had. If you decide to use Dr. Sheldon, believe me you will be in good hands.

Jim E.

Before my treatments I was skeptical about whether I really needed this procedure, not to mention the financial investment. Now that I can see and feel the completed project—it’s exhilarating! Can’t be more please with the final product. I have not only been attended to with the utmost care and professionalism, but any and all expectations have been more than fulfilled. To say the least, everyone should be cared for as well.

Mary E.

This was probably the best thing I ever did for myself. They look totally natural and feel totally natural. I can talk and laugh in public with confidence. Dr. Sheldon and his staff could not have been a better choice. They are so knowledgeable and professional. They are also friendly and accommodating. They are absolutely the best.

Ellen G.

Thanks for Referring to our Office

Our best patients come from our best patients. Think about your first visit to our office - the care, the attention to detail, the complete evaluation, the details, and the success that you’ve had. Wouldn’t you like your friends and loved ones to have the same care? Even if your friends already have a dentist, Dr. Sheldon works with that dentist to provide the best possible care. And a complete examination including x-rays (excluding CT-Scans) is complimentary as long as your friend or loved one donates \$50 or more to Dr. Sheldon’s Charitable Giving Campaign, which has distributed over \$100,000 to local charities.

People get executive physicals to assure that they are on top of everything regarding their general health. What about a dental physical to stay on top of everything regarding your dental health?