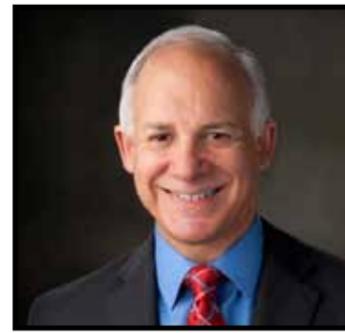




Lee N. Sheldon, DMD
2223 Sarno Road
Melbourne, Florida 32935

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



**SOLID
BITES**



The Newsletter for the patients of Dr. Lee Sheldon

February 2013

Lee's Angels

By: Jennifer Ashley

This year's holiday party was amazing. We enjoy working together but it is nice to get together once in awhile outside of the office just for fun. We truly do love each other! Those of you that are patients know how Dr. Sheldon loves to sing. So it was no surprise that Dr. Sheldon sang, but this time he included the whole staff. He wrote "The 19 Days of Hanukkah." We know there are not that many days but he was having so much fun writing that he got carried away!! The tune was to "The 12 Days of Christmas." Dr. Sheldon wrote lines that pertained to each staff member and that staff member would sing their part. It was just hilarious. We were behind closed doors, but the other patrons of the restaurant enjoyed it as much as we did.

It gave us a chance to reminisce about our year and all the wonderful patients that we are so blessed to have. We build such great relationships with everyone and really enjoy seeing our patients at each and every visit. We joked about how most people dread going to work but instead of dreading, we are thinking about what we are doing for our patients and how we can make it the best experience they have ever had at a dental office.



As you can see from these photos, the staff looks as great outside of the "pink." Once we decided on the title for this story,

we were trying to choose which one of us was Sabrina, Jill, and Kelly. Of course, Dr. Sheldon has to be Charlie, but there is



no mystery of what he looks like. As Charlie, Dr. Sheldon assigns us the missions of investigating things that we can do to improve our patient's lives. As in the episodes, we are very successful in completing our



We are looking forward to a great 2013 and hope yours is grand as well.



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

Eleanor Sheldon
Business Manager

Danyel Joyner
Office Manager/IV Therapist

Rebecca Caudill
Perioscopy Hygienist

Kasey Klein
Periodontal Maintenance Hygienist

Laura Widener
New Patient Coordinator

Jennifer Ashley
Front Desk Manager

Courtenay Zambrano
Lead Dental Assistant/IV Therapist

Lisa Dunning
TMJ/Headache Assistant

Jenna Rhoades
Lead Surgical Assistant

Angelina Holland
Receptionist

Stephanie Wintercorn
Transcriptionist/Marketing Manager

Matthew E. Sheldon, DMD
General Dentist

Jenifer Sheldon
Office Manager/Receptionist
for Dr. Matt

Angela Gonzalez
Dental Assistant for Dr. Matt

SCAN WITH
YOUR SMART
PHONE TO VISIT
OUR WEB-SITE



The Sheldon Family Vacation

By: Stephanie Wintercorn

About once a year my family gets to take a vacation together. It is one of uninterrupted bliss. No cell phone calls during dinner, no tweeting, Facebook statuses, or checking emails! It is just family time. Where can you get this kind of quality time? On a cruise, of course.



We were fortunate to have a real family vacation this year with my brother, Dan, and his girlfriend, Alissa, traveling all the way from Portland, OR to join my parents, my brother and sister-in-law, Matt & Jenifer, my husband Matt and myself on a Celebrity Cruise. We traveled to Key West and the Bahamas.

My mom, being the planner that she is, found us some great side trips to go along with the destinations. We took a little tour around Key West and stopped at places of interest such as the Hemingway House and the southernmost point.

We enjoy taking many pictures during our trips so that we have memories to share with friends and for years to come. (You see one of them here in this newsletter.) This trip was extra special because we celebrated my birthday and Alissa's birthday! It was one sure to be remembered and a delightful vacation was had by all.

The One-Piece, Same Day, Dental Implant

Dr. Lee Sheldon

The lower denture is uncomfortable for nearly every person who wears one. Why is the lower denture a problem much more often than the upper? The upper is made as a large suction cup that covers the entire palate. It takes advantage of a large surface area to seal it to the surrounding tissue.

But the lower denture doesn't have nearly that kind of support. The only support that it gets is from a pencil-thin ridge. Often that ridge is sharp, producing sore spots. That ridge gradually deteriorates, reducing the denture support even more. When the tongue moves, the denture moves. When you pronounce some words, the lips dislodge the denture. And if you laugh or sneeze? You'll have your hand over your mouth immediately not because of good manners, but because you're afraid that the denture will fly out of your mouth.

There are dental implant supports available for an existing lower denture, the simplest being the one piece implant. The one-piece implant has two basic components, a screw-like portion that goes into the bone and a snap-like portion that emerges from the gum. The big bonus in the one-piece implant is that the entire procedure is done in one day. The implant is placed, and the existing denture is relined chairside with a silicone material that engages the "snap" in the implant. You literally walk in with a floating denture and walk out with teeth that are snapped in place.

Here are the requirements for a one-piece implant-supported denture:

1. A denture that has good occlusion (bite) with the opposing arch.
2. A denture that does not rock when firm pressure is placed on it.
3. A dental CT scan so that the dentist can see the amount and shape of the bone. This allows the dentist to plan the length and diameter of the implants as well as diagnosing the best positions for the implants to be parallel.

This can be done on the upper arch as well. We

usually use 4-5 implants on the lower and 5-7 implants on the upper, depending on the amount of supporting bone that is present.

The procedure goes like this:

The dentist makes a small incision into the gum area and removes any rough areas of bone that could cause irritation. A small hole is made into the bone. The implant is screwed into place. The remaining implants are then placed in a similar fashion. Small stitches are then placed. These stitches melt away in a few days.

The inside of the denture is hollowed out to create room for the silicone reline material. The reline material is placed into the denture and then in the patient's mouth, allowing it to set over the "snap" portions of the implants. The denture is then removed, excess silicone is trimmed away, and seated back in the mouth. The entire process takes less than two hours. It is not unusual for the periodontist or oral surgeon to do the implant surgery, and your general dentist do the reline.

After healing is complete, you remove the denture and clean it once a day, just as before.

The one-piece implant allows you to stop thinking about your teeth, allows you to eat foods that you've been avoiding, and gives you the confidence to talk, smile, and laugh, knowing that your denture will not come loose. It has helped thousands.



Dr. Matt Sheldon affixes the Jewish ritual mezuzah to the front door of his and Jenifer's new home.

"My Headaches...Amazing Results"

I have been having headaches and TMJ problems for many years, but seemed to get worse when I was in a car accident a couple years ago. I was rear-ended while at a stop light and the TMJ became much worse at that point. I have been a patient of Dr. Sheldon's for many years and once, while having my cleaning, expressed to his hygienist that I have the TMJ and headache problem. I was re-scheduled for an initial exam and complimentary therapy session for the TruDenta therapy. I decided to try the program and it has been an amazing 12 week therapy. The program began by using a computerized system that scanned my bite, showing where I bite down harder in some spots more than others.

I saw a therapist once a week for twelve weeks. This therapy session consisted of manual massage therapy of my head and neck and ultrasound therapy as well. A cold laser and micro-stimulation were also used at this time. I was instructed and educated on how to use the products at home. This was very helpful and by doing this consistently I saw amazing results. It is amazing how much less pain I have now and how much my range of motion in my neck has increased. I am grateful to Dr. Sheldon and the therapist for helping relieve me of this pain!

~ Gwyn

Goosy - Cat of the Month

Goosy is a very sweet, spayed girl. She has very soft fur and a bob tail. She loves to snuggle and to roll around on the couch and be petted. She gets along with other cats but wouldn't mind being your only cat. If you would like to adopt her or any of her other housemates, please email Eleanor at catluvr51@hotmail.com.



Ask Dr. Sheldon

Dear Dr. Sheldon,
I am a 75 year old woman who has had upper dentures for over 50 years with bone erosion. The dentures I have now do not fit and I have to use a lot of adhesive. Unfortunately, I get very nervous when I have to have any dental work done. Plus other medical operations. I only have a few lower teeth which are not in very good shape. Is there any possibility that you could help me?

Mary

Yes, Mary, we can help. The problem of longstanding denture wearers is often loss of bone support, resulting in diminished support for both the upper and lower dentures. The simple approach is to relin the upper denture and lower partial denture. This will fill the gaps and may help. But the amount of help is really dependent on how much damage to the bone has already been done.

Surprisingly, even though there is loss of visual bone support, there is often more bone support under the gum tissue. This can be identified on a dental CT-Scan. Together with a dental examination, we would be able to evaluate the teeth, gums, and bone, and decide together whether dental implant support might be a good option for you.

Lee N. Sheldon, DMD