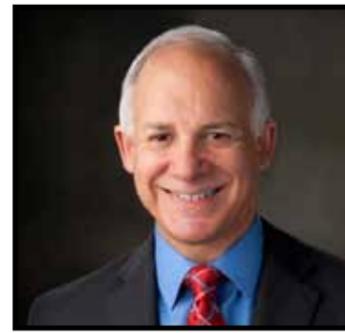




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SOLID BITES



The Newsletter for the friends of Dr. Lee Sheldon and Associates

May 2013

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Dental Assistant for Dr. Chace

Our Trip to Europe



Yes, we just came back from a trip to Europe in April. It was a 9 day fantastic trip and a good part of it was a professional trip. No, not that kind of a professional trip. A real professional trip.

Eleanor and I first had a couple of days in Paris. I thought I would never get to Paris in my lifetime because Eleanor had gone as a teenager and didn't want to go back. Sorry, Parisians. But as I was going to Spain for a professional trip, Eleanor kindly consented to a couple of days in Paris. We had a good time, and saw all the major sites very quickly. We really only had two days to do it. Then it was off to Vitoria, Spain where I took three days

of classes at the Biotechnology Institute. The head of this research institute is a dentist/physician, Dr. Eduardo Anitua. Dr. Anitua has developed a process called PRGF, plasma rich in growth factors, which extracts growth factors from the platelets of the blood. Some of you reading this have had this procedure done. We have been doing this procedure for four years and its forerunner procedure four years before that. Dr. Anitua has published numerous papers in the medical and dental literature showing more than twice the healed bone density in extraction sockets treated with PRGF than those not treated with PRGF. The technology has expanded not only to all kinds of bone grafting, but also to orthopedic surgery and facial rejuvenation. Dr. Anitua's staff of 300 include both clinicians and scientists. His work was very impressive. About 40 dentists from all over the world were present at this three day course. Our classes went 11-12 hours a day.



Dr. Sheldon and Dr. Anitua at BTI

We then went to Barcelona and took a sidecar tour. You can see a picture of Eleanor and me riding on the back of the motorcycle and the sidecar. It was a fabulous tour and we had a great time. Someday ask me what happens when I go on tours. Hint: I usually don't stay awake. Now ask me what happened when I was on the back of the motorcycle.

Barcelona is a wonderful city. Lots of old restored buildings. A totally revitalized downtown. The bonus the next day was that I spent the day with Dr. Josep Oliva. He is from a dental family of a father and two sons who developed the CeraRoot implant. There is an article about the CeraRoot implant in this newsletter as well. I saw a patient from Singapore who flew in especially for Dr. Oliva to do this very unique dental implant. I assisted Dr. Oliva in surgery. Boy, was my staff impressed with that. That night we went to Dr. Oliva's brother's restaurant for a great tapas meal. It was a great 9 days and we came back refreshed and excited after studying with the developers of two technologies that we have been using in our office.



Success Story Contest



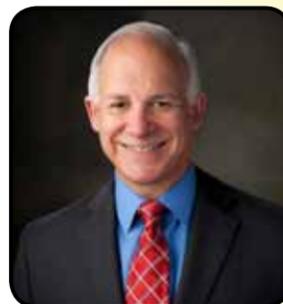
Win A Kindle Fire HD

Have you had a spectacular success in our office? People would love to hear about that. Just write up your success story and send it to us by mail or email (Jennifer@SolidBite.com). You could be the winner of the success story of the month and have your success story published right here in Solid Bites.

The winners of the monthly success story contest will be entered into a drawing for the success story of the year and win a **Kindle Fire HD**.

You have read his articles and seen him on TV. Maybe you've even read his new book.

Now hear him speak about what Dental Implants can do for you!
May 22nd
1:00 pm
2223 Sarno Rd.,
Melbourne



Lee N. Sheldon DMD
DN7961

Can't make it to the lecture?
Get Dr. Sheldon's book for free.
Call 321-622-2382

Bring this coupon for FREE Admission including a light lunch. Please call to reserve a spot. There is limited Seating. **259-9980**

Bite of the Month - John's Case



Imagine being in a situation where you can't smile, you can't chew, and you are constantly in pain. That was John's situation when he arrived in our office. His teeth were making him feel miserable. Essentially, his mouth was a "hopeless situation."

And to make matters worse, he had very little bone support for dental implants. This was a case that required patience, skill, and planning. And while you may be amazed at looking at the final result, it wasn't just the final result that was important. Because there were factors that caused him to lose his teeth and therefore we brought John through extensive nutritional counseling to increase the chances that he will keep these teeth for a lifetime. John did much better in all aspects including his nutrition. Bone grafts were done. And a CT scan with a precision surgical guide assured that the implants could be placed precisely where John had the most bone.



A Metal-Free Dental Implant Dr. Lee Sheldon



Dr. Josep Oliva and Dr. Sheldon

Traditionally, dental implants are made of titanium. The modern dental implant era began in 1982 and the implants associated with this modern era were of titanium and titanium alloy. Titanium is an extremely strong metal and it will continue to be used for many implant cases.

About 9 years ago, a dentist family of a father and two sons decided that they wanted to create a metal-free implant. After all, some patients are demanding metal-free because they either have metal sensitivities or they want something that is more aesthetic than can be provided with metal. The Olivas therefore developed the CeraRoot implant, an all-zirconia implant, which is acid-etched to increase its

contact with the bone. You can see a CeraRoot implant here and you will notice that it is white rather than metallic. This itself is unique. The CeraRoot implant was approved by the FDA in early 2011. The Olivas have been doing this implant in Europe for 9 years. Their results are every bit as good with the CeraRoot implant as with the titanium implant. They have expanded the use of the CeraRoot implant in their practice to being the preferred implant and patients from all over the world are flying in to see them. About a year ago I had a patient who demanded a metal-free implant and that created the opening in our office to begin doing the CeraRoot implant. We are the first office in Florida to do that and we have now used it on a few cases over the past year. I am very impressed with the healing around this implant. In the first year I was doing the implant only on demand because I wanted to see the results for myself before I recommended it to my patients. I am satisfied now after seeing case after case that Drs. Oliva have done, as well as seeing how my own cases have healed, that I have confidence to bring the CeraRoot implant to you and recommend it to you. The CeraRoot implant has some limitations. It can be used in single tooth replacement. Sometimes it can be used for multiple teeth.



We will of course continue to do the titanium implants as they have a good track record for success, but if you are interested in something that is a little bit more aesthetic and/or something that is non-metallic, I confidently recommend the CeraRoot implant to you.

Mike's Success Story



Once I had a front tooth break and my dental experiences began to change. I learned of a "dental implant," and began the process of getting one. Three years later I am up to three successful implants. While I hope not to have anymore, if I need one, I would highly recommend Dr. Sheldon and his staff. They are very professional and experts at what they do.

~ Mike

Dear Dr. Sheldon;
I have a friend, who's name is Mike
I knew Mike was not eating right
But that all changed under Dr Sheldon's light
Now Mike is eating with a
p.s. We can learn from Mike
Mike got it right



SCAN WITH
YOUR SMART
PHONE TO VISIT
OUR WEB-SITE

The Good Old Days of Dentistry Dr. Lee Sheldon

For those of us who are old enough to remember Leave It to Beaver when it was in first run, let's review where dentistry was and where it is now. Here's what I remember. My dentist gave me a choice if I wanted to be numb or not. It was \$5 extra for that shot. My mom paid it. The drill was connected to a pulley. I'd watch the frayed part of that twine travel up and down while my head rattled to the beat of the drill. The water in the sink made those concentric revolutions. I'd try to spit right down the hole in the middle. Everyone wore white. I climbed up in the chair. The assistant adjusted those two little disks on the back of my head. She took a couple of x-rays and then went out for what seemed like an eternity getting those things developed. Then the dentist walked in and readjusted the same headrest that the assistant had just set. And when I got all done, I climbed out of the chair and went behind the secretary's desk where there was a small box where I could pick out a toy. Now those were the days.

Fast forward to today. We have virtual teeth being placed on virtual models that are created by computer and CT Scans. We're taking fewer impressions as the age of goop is declining and being replaced with scanned images of our mouths instead. The images are emailed to a lab that creates accurate models of our mouths from those scans. Or the images allow the dentist to design and mill a crown right in the office.

I placed my first implant on May 16, 1986. Implants used to come in one length and three widths. I used to have to cut them to the correct length, smooth them, and resterilize them all in a single surgical procedure. Imagine how long that procedure took. Now I do virtual surgery on the computer, email the image of the virtual surgery to the lab who makes me a guide that I can temporarily attach to the teeth, preselect the implant, and often place the implant without making an incision. We can then "scan" the implant and create a abutment (portion that fastens the crown to the implant)

customized to the patient's gum tissue and surrounding tooth position and at the same time make the final crown for the implant; truly amazing and so much easier for both patient and dentist.

Long ago, some patients would hear that there is "not enough bone" for an implant. That problem is hardly ever seen any more. The dental CT scan can uncover bone that would never be seen in conventional x-rays. If there is still not enough bone, we have bone powders, putties, and blocks, growth factors harvested from your platelets, and stem cell attractants all successfully replacing missing bone. Missing soft tissue? We have freeze dried skin, membranes made of pericardium, growth factors, and the latest—cells grown in tissue culture that stimulate the body to replace missing gum tissue.

Technology is giving us more opportunities to live our dental lives comfortably. I wonder what the next 50 years will bring.

Andy White Sox - Cat of the Month



Andy White Sox was a stray cat that I rescued a few months ago. After a trip to the vet to be neutered and pronounced very healthy, he came to live with my other foster cats. Although timid at first, Andy soon warmed up to me and the other cats. He is very sweet and doesn't mind being picked up or petted. He is very well-mannered and extremely soft. If you are interested in adopting Andy or any of his foster friends, please email me at catlvr51@hotmail.com or call the office and ask for Eleanor.