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BITES**



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

November 2013

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Courtenay Zambrano
Lead Dental Assistant/IV Therapist
Lisa Dunning
TMJ/Headache Assistant
Jenna Rhoades
Lead Surgical Assistant
Jennifer Ashley
Front Desk Manager
Stephanie Wintercorn
Transcriptionist/Marketing Manager
Jenifer Sheldon
Administrative Assistant
Jasmine Elsayed
Administrative Assistant
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Holly Duncan
Lead Dental Assistant
Denise Logan
Sterilization Assistant

Jennifer B. Chace DMD
General Dentist
Kristi Owens
Dental Assistant
Sasha Kuenstler
Dental Assistant

Peggi Clark's Success Story 😊

I'd like to start my story by saying that I have had a fear of dentists since I was a young child. I went only when I had to. Because of this fear I didn't keep up with cleaning, checkups, and having bad teeth didn't help either.



So as I got older I tried to keep my teeth, I was told that my teeth were weak, shallow roots, couldn't be saved. So it was pull this one, try to save that one, (no can't be saved, of course that was after the root canal). So finally by the time I was 29 and living in South Carolina, I went and had most of the upper teeth pulled and a partial plate placed in my mouth. It was not very comfortable, but that was all I could do. It covered the roof of my mouth and made it hard to taste a lot of food.

After moving to Virginia, I found a dentist who said he could place a partial that would cover less of the roof of my mouth. I thought wonderful; I finally have a better option. So the partial was made and placed and for many years I thought this was great. Then I started to notice that the teeth that supported the denture were wearing. I tried anything to stop the wearing from that wire, but to no avail. My fear was that one day the tooth or teeth that supported that denture would break off. Not only would I be in pain, but I would have no partial. Having nothing to support it anymore, I would be

Continued inside...

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!



Lee N. Sheldon DMD
DN7961

January 15th
1:00 pm
2223 Sarno Rd.,
Melbourne

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**

SOLID BITE WEBINAR:
Tuesday, January 14th at 7:00PM
Please call 259-9980 for the link.

Peggi's Success Story

Continued from front...

without my teeth. This was my BIGGEST FEAR. I had to deal with it a few times. I had gone thru surgery twice after having dentures placed and was fear stricken at the thought of taking my teeth out. **Who would see me, what would they think.** It was horrible. Anytime a doctor said surgery I didn't worry about the surgery itself, I worried about having to take out my teeth. That may sound silly, but all my life I had dealt with bad teeth, I had buck teeth, and was teased in school and missing teeth here and there. So to take out my denture was exposing my weakness to the world.

I am a nurse and could not work without my teeth; I only had five of my own teeth left on top. Who wants a nurse taking care of them that doesn't have teeth? So one day I called Dr. Sheldon's office. I spoke to Jennifer, who listened as I went on and on about my fears. She told me that Dr. Sheldon would be calling and talking to me himself. A few days later Dr. Sheldon called me and he too listened to my fears. He told me to give his staff a chance, just one visit and I would see that they were different. So I took him at his word and made the appointment. I have to say I spent that whole day at work worried about that appointment.

When I walked in the office, the medical smell that I associated with dentist offices was not there, no sound of drills, no patients with a dreaded look on their face. Then there was the staff, Jennifer, with a big smile, that sweet person that had listened to me on the phone. Laura called me into a room, and she too had a smile and was very pleasant. We talked about why I was there, and she explained what she was doing. I was thinking ok so no pain so far. Laura made me feel very comfortable. Dr. Sheldon came in and we talked, I told him what I would like to have. He didn't argue, he simply said ok. He examined me and still no pain. I thought wow this is nice, but this can't be all. Still waiting for the sorry we can't do that or ok this may hurt a little. Nothing, just ok we can do that and no pain.



The biggest impact for me was the picture of my smile. I thought, no wonder I have run from cameras all my life. That is not a pretty smile. I have always been embarrassed by my smile. I was then scheduled for another appointment. I made the next appointment and I didn't spend my day in fear. I actually looked forward to going. At my second appointment I met Courtenay, another friendly and caring person. At this appointment we had a game plan; we knew what was going to happen and how we were going to proceed. I had complete confidence in them. For the next few weeks we moved along on schedule. The surgery date was set. The decision to go with conscious sedation or general anesthesia was a big decision. It was scary to think about conscious sedation. As I said I am a nurse and have worked with conscious sedation for years. But for this and me I thought "knock me out". So I spoke with Danyel, and explained my fear. She assured me that she would be right there and if I looked like I was in pain or feeling anything she would make sure I was comfortable, and she didn't let me down. I was in surgery for 9 1/2 hours, I remember about 5 minutes total. You see I had my teeth removed, bone shaved and added, and the teeth placed all at the same time. Remember, I had done the denture thing, I didn't want another denture, I wanted permanent.

Since my first surgery, I have had my bottom teeth cleaned a few times. I have worked closely with Dr. Chace and her staff getting the permanent teeth perfect. I am not afraid to go to Dr. Sheldon or Dr. Chace's office. I actually look forward to going. If I had seen Dr. Sheldon years ago, I would probably still have my original teeth, or at least not been afraid all these years.

If another dentist tells you it can't be done, don't give up. Go see Dr. Sheldon.

Peggi Clark

"A Special Gift..."



Dr. Matt and Jenifer are so excited to welcome their sweet baby girl, Harper Sonnee Sheldon. She made her appearance on Wednesday October 2nd at 2:50 PM. She was 7lbs 14 ounces and 21 inches long.

Her birth is special for many reasons. First, Harper's middle name Sonnee is after Dr. Sheldon's mother, Sylvia, who went by Sonnee. It also happens that Sonnee's birthday, as well as Dr. Matt's, is October 3rd. They thought Harper might be born on the 3rd but she came a little faster than anyone anticipated (including the doctor, who almost didn't make it).



Harper was born at Holmes Regional Medical Center- the same hospital in which Dr. Matt and Jenifer were both born.

Dr. Matt and Jenifer are adjusting to their new life and are filled with so much joy. Harper is such a sweet and patient baby with a very happy personality. They look forward to making many happy memories as a family and Harper looks forward to spending lots of time with her cousin Gavin.

Why is it better to eat whole foods?

By: Lisa Dunning

We have always been told it is healthier to eat whole foods. But why? What makes the difference? I like to think about it like this... Way back when we humans started out there were no processed foods at all. In essence we were designed to eat fruits, vegetables, nuts, seeds some animal meat and drink water. Our bodies know how to process those nutrients. The problem comes when we eat foods that have been processed, in other words foods that are not in their natural state. Since our bodies were designed to recognize whole foods as the food it is supposed to eat, the body gets confused with processed foods and an inflammatory response is the result. Our body thinks the processed foods are invaders (which they are!!) and it tries to protect the body from them. It is called silent inflammation which over time and with other factors, such as genetics and lifestyle, can result in diseases like diabetes, heart disease, rheumatoid arthritis, cancer and many others.



So, as you can see the occasional pizza with soda or ice cream after dinner is not a big problem. It's when you are eating processed foods all the time and the body is constantly in an inflammatory state, it cannot function properly to keep things running smoothly to fight off infections and disease.

I like to aim my diet at eating whole nutritious foods 90% of the time and the remaining 10% I CAN eat stuff like pizza and ice cream. Because let's face it, it tastes good and I like it!!