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**SOLID
BITES**



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

October 2013

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**.



SOLID BITE WEBINAR
Tuesday, October 22nd at 7:00 PM
Please call 259-9980 for the link

Call or visit on-line today (321) 259-9980 •

Linda's Success Story



From the first phone call to set the appointment to stepping through the door for the initial consultation, I knew I was surrounded by an exceptional group of professionals. I didn't know what to expect as I'd never experienced an extraction or implantation and I admit it, I was nervous. But with the first "hello" from Jennifer at the front desk, I felt most of my concerns evaporate on the spot and continued to do so right through one of the most thorough examinations I've have ever experienced from any doctor or practice! EVER! I was looked at, probed. x-rayed and asked a zillion questions before Dr. Lee presented his diagnosis and a complete explanation of what he felt would be the best treatment for my problem. I was seriously impressed to say the least and said without any further hesitation, said, let's do this. I've completed my treatment and have a gorgeous implant and crown by Dr. Matt and "graduated" with a slick tee shirt, which I wear with pride. And even though their office is not exactly convenient, I live in Sebastian, I intend to continue having any and all future work done with the most amazing, professional, thoughtful, friendly, folks who I've come to consider "family" at Dr. Lee Sheldon and Associates. If you need a recommendation, just give me a call.



Many hugs, Linda Scott



*Dr. and Mrs. Sheldon
welcome their first
Grandchild,
Gavin.*

today (321) 259-9980 • (877) 259-9980 • www.drleesheldon.com

By Dr. Lee Sheldon

Question:

I have sleep apnea. I have a machine. I hate it. I have had this machine for about four years. It gives me a head ache, I have indentations on my cheeks from the mask. My "good night sleep" is not happening. Is there something else that can help me? Please? I hate things on my face. I can't stand the mask. Please HELP!!! Thank you!

Debbie Kuhman

Answer:

Hi Debbie,

Sorry that you are having the problem with CPAP. CPAP is still the gold standard for treatment. However, there are many like you who can't tolerate it. The first alternative to CPAP according to the American Academy of Sleep Medicine is the mandibular advancement splint (MAS).

The MAS is actually two appliances that are worn over the upper and lower teeth. They are designed in such a way as to move the lower jaw forward when the appliances are in the mouth. Of course, the whole reason you have sleep apnea in the first place is that the muscles holding the airway open collapse, closing off the airway when you are in deep sleep. You then have to partially "wake up" in order to get the airway open again. By moving the lower jaw forward, the MAS stretches the collapsed muscles of the airway open, allowing you to reach the refreshing depth of sleep that you need.

I have used three different appliances for my own problem. The latest appliance is the Narval appliance. This is the lightest weight appliance that I have seen and I have found it to be the most comfortable to wear. We make dental impressions and make a specific registration of the relationship between your upper and lower arches. I then design the parameters of the appliance for the laboratory to duplicate. Our USA lab then scans your models and bite registration and delivers the information digitally to Narval in Paris, France. They use a unique system to create the lightweight appliance that I spoke up and deliver that back to us.

The appliance is then tried in and any adjustments that are necessary are made. Mine needed no adjustments. It

is snug. You'll wear the appliance for about two weeks, and then if necessary, the appliance can be adjusted to move your mandible farther and farther forward until your symptoms of sleep apnea are gone. It is then best to check the results by having another sleep study. A home sleep study can be done rather inexpensively to check your results. The final verification is best done with an in-lab sleep study while wearing your appliance supervised by your sleep physician.

The fee for the procedure is \$2000-3000. Some insurance carriers will give you partial or even full reimbursement for the treatment.

I hope that this helps.

Lucy- Cat of the Month



Lucy is a very sweet spayed girl. She loves attention and will sit by you on the couch for petting. She gets along with other cats but would probably prefer to be an only cat if possible. She is quiet but very loving. If you would like to adopt her or one of her other foster friends, please call Eleanor at the office or email her at catluvr51@hotmail.com.

What is a whole food?

What is a whole food anyway?

There are so many different foods to eat! Whether we visit the grocery store, a deli, a restaurant or any place that serves food we see that there are a lot of choices out there! But how do we know which choices to make so that we can pick the foods that are the best for us?

Usually, the foods that are the most nutritious are called whole foods. But what exactly is a whole food?

A whole food is:

- a food that has nothing added to it or taken from it.
- a food in the form that it is found in nature.

A food that is not a whole food is called a processed food. This means that the food was changed in some way from the form it was found in nature. Some processed foods may have not been changed very much while others can barely be recognized as having come from nature!

Think about an apple. An apple is a whole food.

Now think about applesauce. The apples have been changed a little bit. The skin has been removed and the fruit has been mashed. Maybe a little bit of sugar and cinnamon has been added. These apples have been processed a bit.

Now think about an apple danish. The apples in this look very different and also don't taste the same as an apple fresh from the tree. They may be in a gel form and really have a lot of added chemicals color and sugar. Because of all the processing and adding of preservatives and sugar this would not be a very healthy choice.

So when you are thinking about what to eat, think about this example. Foods can be processed in different ways. The healthiest choice is one that is as nature intended. While some processed foods can be healthy a lot of foods are changed in such a way that really choosing the whole food is much better.

I like to think, "If it COMES from a plant eat it! But, if it is MADE in a plant don't!"

True Story....

By: Laura Widener

When I was in 2nd grade a classmate of mine was having her slumber Birthday Party. She lived 15 miles outside of Dallas, TX out in the countryside. I had never met her parents before nor had my parents. Their house was a little tricky to get to, so they suggested that we meet in the parking lot of the First Baptist Church around 4:00pm that Saturday afternoon. I was so excited to go to the sleep over. My friend had a swimming pool, trampoline, various farm animals including horses. It was going to be so much fun. My Mom even curled my long hair at that time like Shirley Temple, yes, Shirley Temple. Thank God I do not have any pictures! So, with overnight suitcase in hand, off my parents and I went. We arrived at the First Baptist Church a little ahead of schedule. About 15 minutes later a car pulled up next to us and my Mom said, Ok, here they are, and have fun. I jumped out of the car with my over night suitcase and got into the back seat of my friend's parents car. They both turned around and were looking at me funny. I said, Hi! and they said, "Who are you"? I said, Laura! The man got out of his car and went over to my parent's car. Apparently, they thought we had car trouble. They had seen us from their house just sitting in the parking lot and knew we were not locals. It was a very small town. After the embarrassment wore off my Mother could not stop laughing. I can't imagine what this poor couple thought when I hopped in the back seat. I bet next time they kept their doors locked!

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