



Spring 2009

Issue: 1

## Note from Doc

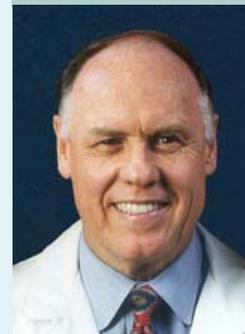
Spring has sprung! And with spring comes change, and this newsletter reflects a change in that its new electronic format will replace the hardcopies of the past which I personally wrote and assembled. This format will be much easier and less time consuming, and at the same time be available for the transmission of more information as well as intercommunication. Your comments, questions and suggestions will be quite welcome and appreciated!

## More on The Oral Systemic Connection

**"If a person can take care of their teeth and gums they can extend their life by at least 10 years."**

### *Dr Charles Mayo of the Mayo Clinic*

The more I practice, the more I realize that this quote is probably an understatement. The reason I say this is that more and more data is coming to light establishing the connection between oral and systemic health. Last Saturday I attended an all-day conference at the Los Angeles Westin Bonaventure Hotel entitled *Diabetes, Oral Health, and Nutrition: Interrelationships, Innovations, and Interventions*. The attendees were comprised of 200 physicians, 200 dentists and 200 auxiliary personnel from both professions including nutritionists, dental hygienists and administrative personnel. It was given by the Joslin Diabetes Center of Boston and sponsored by SunStar. The presenters were top recognized researchers and practitioners in the fields of endroconology, internal medicine and dentistry. There was testing before and after each presentation and interactive discussion between all attendees. What I got out of it was that all agreed that evidence-based research definitely demonstrates that systemic health influences and is influenced by the state of one's oral health. "Periodontitis has been linked with worsening glycemic control in people with diabetes as well as with increased risk for diabetic complications including coronary artery disease (CAD), renal disease, and increased mortality. The incidence of periodontitis is clearly increased in poorly controlled diabetes, exacerbating the risk for atherosclerotic events associated with hyperglycemia. Inflammation is the common link between periodontal disease and diabetes. Periodontal disease allows bacteria to enter the bloodstream, activating immune



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## Quarterly Quote

You can dream, create, design, and build the most wonderful place in the world, but it requires people to make the dream a reality.

*Walt Disney*

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## TEAM NEWS



cells and producing cytokines that induce insulin resistance and can impact cardiovascular health, pregnancy outcomes, and blood glucose levels. Studies have shown that treatment of periodontitis leads to improved glycemic control, possibly by improving insulin sensitivity."

Also, that most MD's are overburdened time-wise and know relatively little about oral health, and that the dentist is in a great position to learn about a person's systemic health as more people will tend to see a dentist than a physician. Through questionnaires, blood pressure recording as well as blood and saliva testing incorporated within our periodontal health programs, we have a first-line opportunity to discover systemic disease and refer them to a medical colleague - truly life changing, and sometimes - lifesaving!



### **High-Sugar Infancy Can Mean Adult Sugar Dependency**

Dental habits start forming at about 4 months of age, or at about the time when a baby switches from breast milk or infant formula to other foods, reports the Academy of General Dentistry (AGD), an organization of general dentists dedicated to continuing education.

This is also the age that a baby's first tooth erupts, and the types of foods that are introduced to the baby at this time can affect a lifetime of dental health. In fact, a strong correlation has been found between the use of sweetened drinks in infancy and the consumption of sugar-containing snacks in later years.

"The eating habits of adults are formed at weaning, so it's important for the baby to develop good eating habits that will affect the dental health," says AGD spokesperson Heidi Hausauer, DDS, FAGD. "Sugar is known to cause cavities throughout a lifetime, and the earlier an infant gets used to sugar, the easier it is to get hooked on high-sugar snacks as an adult."

Fruit drinks are high in sugar and in turn can cause enamel erosion if consumed frequently. A baby should never be allowed to fall asleep with a bottle of fruit juice, because the sugary liquid bathes the newly erupted teeth in a cavity-causing substance that can cause baby bottle tooth decay.

"Drinks other than water should not be continually sipped throughout the day and should be served at mealtimes - never

Let's all Welcome our  
NEW Dental Hygienist.

Hello, my name is  
Timbrey. I feel  
extremely fortunate to  
be working at Dr.  
McBride's office and to  
be part of such an  
extraordinary team. His  
practice is filled with  
genuinely caring  
patients and a fun-loving  
staff. I look forward to  
every day and what it  
has to offer both you  
and me.  
I love what I do and I  
look forward to growing  
professionally and  
personally in an office  
like Dr. McBride's. It is  
refreshing to work with  
people who truly care  
about their patients and  
I am excited to be a part  
of it.

### **Dr. McBride ON THE GO:**

**April 29th:**  
**Mouth-Body Connection**  
**6:00PM-**Complimentary  
refreshments  
**6:30PM-**Presentation  
Focuses on the relationship  
between oral health and  
general health.  
**WHO: Dr. Robert McBride**  
will be sharing his view on  
Holistic Dentistry that is  
based on an understanding  
of how a healthy and  
attractive mouth looks and  
functions, and how it  
influences and is influenced  
by the rest of the body.  
**Dr. Morgan Rogers** will be  
sharing the Science of  
maximum athletic  
performance and body fat  
elimination. You will learn  
how you can take  
advantage of the same  
technology that the U.S.  
Navy Seals and other world  
elite athletes use.  
**WHERE:** Dental Wellness  
Center (5406 Village Road,  
Long Beach 90808)  
**RSVP:** 562-421-3747  
(seating limited)  
**HELP A FRIEND AND**

at bedtime," says Dr. Hausauer. "Children given high-sugar medicines regularly at bedtime are also at risk of forming cavities."



### Hole-y Mouth Jewelry! Piercings Could Lead to Front Tooth Loss

According to a just-released study from Tel Aviv University, you'd have to have a hole in your head to get a tongue or lip piercing. But some young people do and are often unaware they are at risk for dental complications.

"There are short-term complications to piercings in low percentages of teens, and, in rare cases, a piercing to the oral cavity can cause death," said Liran Levin, DMD, Department of Oral Rehabilitation, School of Dental Medicine at Tel Aviv University. "Swelling and inflammation of the area can cause edema, which disturbs the respiratory tract."

Levin said the most common concerns are tooth fracture and periodontal complications, which can be long term. "There is a repeated trauma to the area of the gum," he said in a previous interview. "You can see these young men and women playing with the piercing on their tongue or lip. This act prolongs the trauma to the mouth, and, in many cases, is a precursor to anterior tooth loss."

Levin, who conducted the study with Yehuda Zadik, DMD, and Tal Becker, DMD, both in the Israeli Army, found that close to 15 to 20 percent of teens with oral piercings are at high risk for both gum disease and tooth fractures.

The high number of fractures from piercings are not found in other age demographics, and cases of severe periodontal damage in the young who do not have oral piercings are rare, researchers said.

Their first study, published in 2005 in the peer-reviewed Dental Traumatology, was conducted on 400 individuals between the ages of 18 and 19. Using research from throughout the globe, this new review, published in late 2007 in American Dental Journal, is the biggest and first of its type to document the complications and risks from oral piercings. For example, 20 percent of Israel's teens and 10 percent of their counterparts in New York have some type of oral piercing compared to 3-4 percent of the Finnish.

In the Israel-based study, participants were asked questions about their knowledge of the risk factors associated with oral piercings; their piercing history; and their oral health. These questions were posed to those who had piercings and to those without prior to the start of clinical oral exams.

Levin noted that those with piercings were body-image conscious but oblivious about the potential risks of their mouth jewelry in the later years.

Levin advised teens to refrain from getting oral piercings,

**BRING THEM WITH YOU.**

**April 25th:**

### **Diabetes Expo**

FREE Event!

**WHERE:** Long Beach Convention Center( Exhibit Hall A) 10am - 4pm

**WHAT:** Dr. McBride will be speaking at **12:00p.m.** on "How a Trip to the Dentist Could Save Your Life" The Relationship Between Oral Health and General Health. Stop by our booth.

[www.diabetes.org/losangles](http://www.diabetes.org/losangles)  
**EXPO**

**HELP ANOTHER AND**

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### **WHATS NEW**

#### **From Numb to Normal**

Most people don't like the tingling feeling and the fat lip sensation which impedes speech and makes it difficult to eat or drink after the doctor numbs you. Fear no more, OraVerse is here! OraVerse is the first and only local anesthesia reversal agent that accelerates the return to normal function so you can speak, smile and drink normally in approximately half the time. OraVerse is approved by the U.S. FDA as safe and effective for adults and children six years and older and weighing 33lbs. or more. Easy for the patient and easy for the doctor!

but if they are insistent, they should ensure the piercing tools are disposable, and, to help reduce infection, that related equipment be cleaned in an on-site autoclave.

Furthermore, Levin said, the area should be rinsed regularly with a chloroxidine-based mouthwash for two weeks, they should avoid toying with the piercing, and to clean it regularly. Calculus deposits over time may form on the piercing and should be removed by the dentist. Regular checkups are highly recommended.

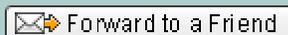
"Teenagers are not easy to manage," Levin said, offering further advice to parents, "Try, where possible, to dissuade your teen from getting a piercing. They will thank you when they are older."

**Save  
\$100**

### **Do you want that SUMMER WHITE SMILE?**

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Offer Expires: June 30, 2009

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