

Winter 2016 Newsletter

Issue 31



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Quarterly QUOTE

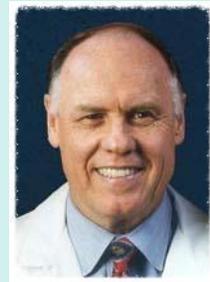


While I relish our warm months, winter forms our character and brings out our best.
-Tom Allen



A Note from Dr. McBride

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home." - Edith Sitwell



Winter is a time of reflection. For us at the Dental Wellness Center, this year has been one of learning and growth experiences that allow us to offer our clients optimum health-centered care. We also have grown through learning from each other as we are a team with unique, complementary talents. We also appreciate and learn from the great feedback from those we serve, and are excited about what lies ahead as we continue to improve our services.

Snoring and Sleep Apnea - Big Breakthrough

Robert P. McBride, D.D.S., M.A.G.D.

Research shows that forty-five percent of normal adults

New Patient Information Center



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TESTIMONIALS



"I was terrified of dentists but now I actually look forward to my visits. I can't believe it. I feel so at peace in the office and know I'm in the best of hands. Thank you so much for being who you are and doing what you do!"

-Chey Y.

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"Excellent service!"

*- India P.*

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"I go for a dental hygienist maintenance visit. I am very satisfied with Janell, she is thorough, clean, gentle, and efficient. I enjoy Dr. McBride's dental office, it is peaceful and very tastefully decorated. The staff are kind and friendly."

- Kathy W.

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"Been patient for almost 40 years. Excellent."

*- Michael T.*

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"I had missed my appointment time even after

snore at least occasionally and 25 percent are habitual snorers. Problem snoring is more frequent in males and overweight people and usually worsens with age. Snoring may be an indication of obstructed breathing, called Sleep Apnea, and should not be taken lightly. There are three recognized types of Sleep Apnea. Obstructive Sleep Apnea (OSA) is caused by airway blockage during sleep from the tongue relaxing and falling back into the throat. Another type is Central Sleep Apnea which occurs because the brain doesn't send proper signals to the muscles that control breathing. The third type is a combination of the two. There are also three levels of OSA: Mild, Moderate and Severe.

Why is all this important to your health?

We need oxygen as part of the rejuvenation process that occurs during sleep. When it is impaired, the body cells aren't getting enough oxygen for their normal repair process. This can cause an acidic systemic condition. Diseases such as cancer, heart disease and diabetes thrive in an acidic environment. Two early Nobel Prize winners, Dr.'s Alexis Carrel and Otto Warburg each recognized through their pioneering efforts the importance of oxygen delivery to all bodily cells to sustain their health.

What is Obstructive Sleep Apnea (OSA)

Obstructive Sleep Apnea is defined as a temporary suspension of breathing and is characterized by pauses in breathing or instances of infrequent breathing during sleep. Each pause in breathing, wherein one gasps for air is called an Apneic Event, and can last for several seconds to several minutes, and may occur 5 to 30 times or more in an hour. Partial blockage of the airway is called Hypopnea, resulting in shallow breathing or an abnormally low respiratory rate.

What are the best recognized treatments for Sleep Apnea?

First and foremost is obtaining an accurate diagnosis as to what type of Sleep Apnea may be present, as well as its level of severity. This can be done at a recognized Sleep Laboratory, or a Home Study wherein monitors are used to record Apneic or Hypopneic events that may occur during sleep. The term used in the measurement of Apneic or Hypopneic events during sleep is the Apnea-Hypopnea Index (AHI). Blood oxygen saturation is also determined, and the term for its measurement is SPO2 (Peripheral capillary oxygen saturation). If it is discovered through these tests that one has Moderate or Severe Sleep Apnea, a physician prescribes the recognized "gold standard" of treatment known as CPAP Therapy. This is the administration of pressurized air delivered from a CPAP machine or compressed air cylinder through a tube to a facial mask or nasal pillows. This treatment is effective;

a reminder and Janell rescheduled me for that afternoon and never made a big deal about it. My old dental service would make me feel guilty and rescheduled me for weeks later."

- *Michael R.*

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"I love Dr. McBride's thoroughness, thoughtfulness and his willingness to not only treat , but also to teach."

- *Anonymous*

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"Delightful! I wouldn't go anywhere else!"

-*Karen K.*

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"Have been patient of Dr. McBride's for over 15 years. I adore him and appreciate his holistic approach. The office is warm and inviting. His staff is polite and professional. Services are exceptional."

- *Elaine M.*

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"Always a great experience."

- *Jude G.*

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"It was good that I could get in to see Dr. McBride right away because I had a crown that had fallen off. No pain involved but it was inconvenient. Dr. McBride did a thorough job cleaning the area and replacing the crown. I was glad he didn't have to give me a shot to deaden the area, too, because that is the worst part of going to the dentist in my opinion. Thank you to each of you in the office for getting me in and taking such good care of me and my tooth!!"

- *Lynnette S.*

however it has a high rejection rate. Some aspects that contribute to its intolerance are: annoyance with the mask itself,

discomfort from the constant air pressure, confusion about equipment function, embarrassment in front of a bed partner, and depression about having a sleep disorder

### **Current Solutions**

For years, dentistry has had solutions for snoring by means of oral "mouthpiece" devices that position the lower jaw forward (Mandibular Advancement Devices (MAD's) to open the airway. This type device is also recommended by physicians as an alternate treatment for patients that cannot tolerate CPAP therapy. These devices usually have two components that cover both the upper and lower teeth. Some problems with these devices include annoyance due to the bulk of their two piece design, sore teeth, a change in one's bite and/or jaw joint (TMJ) discomfort due to the forward positioning of the lower jaw, possible gag reflex and choking risks if the mouthpiece slips, and increased saliva production which can lead to choking and an inability to get a refreshing sleep.

Another dental modality to enhance non-obstructed sleep is Tongue Retaining Devices (TRD's) that have a "suction cup" that fits around the tongue that positions it forward. The major problem with tongue retaining devices is that they are difficult to use for patients who cannot breathe through their nose. Other complaints about TRD's include irritation at the end of the tongue, drooling, discomfort and an inability to swallow. Many patients have also found them uncomfortable. That is why tongue retaining devices are not the most popular dental appliances available on the market

### **Big Breakthrough in Dentistry**

Through the years, a pioneering dentist, Bryan Keropian, D.D.S., has been in the process of developing an oral device that lowers the tongue during sleep. Its one-piece design is much less bulky than MAD's and does not require the lower jaw to be positioned forward, eliminating the above-related problems inherent in MAD's and TRD's. Incorporated within the device are tubes that deliver 93% oxygen from an oxygen concentrator at a rate that is non-forceful as compared to the characteristic forced air delivered via a CPAP machine. Sleep laboratory and home sleep studies show that this modality is at least as effective as CPAP therapy without the associated problems leading to the high CPAP intolerance rate.

**The Dental Wellness Center is pleased to become part of Dr. Keropian's continuing research relative to this breakthrough. We are all excited to add yet another health-centered treatment modality that will**

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"He's the master at dentistry. Always up on the latest and best. He takes pride in his work and when others see his work, they ask who did that, it's beautiful. I wouldn't go to anyone else."

- Anonymous

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"Always a positive experience. Loyal patient for over 20 years!

- Anonymous

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"I'm new to the area and found Dr. McBride after a lot of web-searching for a good holistic dentist. I was really pleased with the level of service I received - the appointment was on time, the staff was extremely friendly and helpful and Dr. McBride took the time to have a good conversation about the issues I was experiencing. I'm looking forward to working with him going forward."

- Catherine M.

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"Who says it was a pleasure going to the Dentist...I do :) you have always been there for me and I thank you very much for the fantastic care."

- Barbara M.

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"As always, my experience was excellent. My cleaning service was thorough and I received recommendations for improving care of my teeth and mouth. All in all a wonderful experience."

- Anonymous

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"Always friendly and honest!"

- Joana D.

## Patient Corner

Thank you  
for the clever  
poem, Joann!



### *Ode to an Old Friend*

*I said goodbye to a friend today  
Just 40 years old was she  
She first appeared when I was 20 or so  
Somewhat of a surprise to me*

*My dentist back then said to say  
goodbye  
But I decided to keep her around  
Now 40 years later she's made it  
clear*

*"By your gums I'll no longer be bound"*

*You see this past year she began to  
wobble  
As old things often do  
So today as I sat in the dentist's chair  
I numbly bid adieu*

*Goodbye to my lower left wisdom  
tooth  
Such a service you've been to me  
How I hope that the wisdom that you  
may hold  
Gets passed on to my lemon tree.*

- Joann D.

### *Toxic Mercury Fillings*

*Watch these informative videos to educate  
yourself on the importance of knowing what you  
can do to remove toxic fillings from your mouth.*

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"Always a positive experience. Loyal patient for over 20 years!"
- Anonymous

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"A wonderful team of professionals. I felt very at ease with the work I had done and also look forward to my future mercury extractions!"  
- Hannah S.

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"Dr. McBride is a caring and knowledgeable person. His office and staff are top-notch. I am glad I found his practice."
- Dannette M.

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"Very informative and educational first visit. Everyone in this establishment who I had the pleasure of meeting was extremely kind and patient with all my questions. Robert McBride is a talented and innovative dentist who wants to heal the cause of his patients dental woes rather than just what appears at the surface. I would recommend him to anyone who wants to improve their oral and physical health."  
- Anonymous

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"I recently removed the mercury in my teeth and the whole process with Dr. McBride was excellent. I received tons of information and was thoroughly educated before the procedure. Dr. McBride takes great care to ensure his patients don't deal with any unnecessary pain or discomfort. The Novocain



Toxic Mercury Fillings - Part I



Part II - Testing Toxicity Levels



Part III - Patient Hannah S.



Safe Mercury Removal

Becoming educated about what you can do is the first step to taking control of your over-all health.

shot he gave me was probably the easiest and most painless shot I've received from a dentist. The mercury procedure went well with little to no pain. I felt I was in good and safe hands the entire time. The entire staff is very friendly and professional. I highly recommend anyone to visit Dr. McBride if you really want to maintain a healthy lifestyle and real dental care."

- Shukry C.

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"I know so many people who complain about going to the dentist and I don't understand why they haven't found the right dentist. Dr. McBride has been my dentist for over 20 years...knowledgeable (continuing dental education is his mantra), friendly, kind and concerned for the well being of his patients. His hygienists are well trained, attentive and attuned to the needs of the patient. I'm proactive about mouth maintenance and Dr. McBride and his staff partner with me to stay healthy and happy and minimize any dental problems that might occur.

- Anonymous

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Happy Holidays from the Dental Wellness Team!



Janell, Karen, Doc, Leanne, Cindy
Justine, Rachel

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Thank you for your participation in reading the latest news from Dr. McBride's office. We look forward to seeing you soon! Don't forget to stop by and see what's new at the Dental Wellness Center!

Warm regards,

*Leanne Sabo*

Dr. McBride's Office



[Click here](#) for the story behind my SMILE :-)  
(left side of page)

