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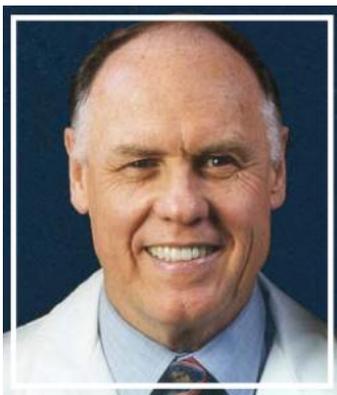
DWC Newsletter

Issue 42



"Smell the sea, and feel the sky. Let your soul and spirit fly." - Van Morrison

A Note from Dr. McBride



Fall is that time of year that says: "Where did the summer go?" It is the transition time between summer and winter that reminds us of changes that occur, and it is change that inspires us to continually grow as people, bringing about fresh new ideas to our many endeavors. We at The Dental Wellness Center embrace this concept of change and growth, as we strive to offer the highest quality preventive and treatment care available.

DWC Education Corner

Root Canal Treated Teeth and Your General Health – A New Test!

By Robert P. McBride, DDS, MAGD

We had an influx of new patients a few months ago, many of them influenced after having viewed the video documentary, “Root Cause” that extolled the possible health risks associated with teeth having had root canal (endodontic) treatment. Most of these patients had one or more root canal-treated teeth, and they were seeking advice as to whether this was harmful to their overall health. Some of these patients were compromised with bodily health conditions for which they had been seeking remedies. The documentary has been pulled from several internet video subscription services due to pressure from three dental organizations that have indicated that “continuing to host this film is potentially harmful to the public.”

For those of you who would like to learn more about root canals, an article on our website entitled, “[What About Root Canals?](#)” would be a good adjunctive read alongside this newsletter.

The question behind this brewing controversy seems to boil down to whether or not teeth having had endodontic treatment (Endodontically Treated Teeth – ETT) harbor virulent bacteria types, either within or around them, in the absence of clinical or radiographic (x-ray) evidence. Unfortunately, bacterial assessments to test for their presence without intruding well into the inside of the tooth, with the many nooks and crannies within its root system, makes this an impracticality.. [Read Full Article](#)

In the News

Join Us In Letting the FDA Know That Mercury Dental Fillings ARE NOT SAFE! A Patient's Voice Can Make a Difference for the Future of Dentistry

Make A Difference TODAY!

Let's tell FDA that the science has spoken – and it says mercury dental fillings are not safe.



We are continuing to support our friends at the Consumers for Dental Choice. At this time, our dear friend Charlie Brown who heads this campaign is asking for patients to share their preference of mercury free fillings in lieu of toxic amalgam fillings.

Our team is gearing up for the forthcoming FDA advisory committee meeting on amalgam. And you can help by submitting written comments!

Just [click here](#)* to let FDA know what you think about mercury amalgam dental fillings – and to tell FDA that the science calls for FDA action against amalgam. If your comment is sent before October 28, the FDA advisory committee

members will have a chance to review it before they meet.

- This advisory committee will be taking a close look at FDA's new scientific review of this mercury product. So in your written comments, please help us highlight what the public thinks about these crucial aspects of the scientific review – and what it leaves out: FDA's scientific review did not provide evidence proving that amalgam is safe, especially for vulnerable populations. Do you think FDA needs to take action to protect children, pregnant women, breastfeeding mothers, people with neurological disorders, people with kidney impairments, people with mercury allergies/hypersensitivities, and all people from this unnecessary source of mercury exposure?
- FDA's scientific review found that dental amalgam's elemental mercury can convert to methylmercury in humans, thus contributing to the build-up of highly toxic methylmercury in our bodies – on top of the methylmercury from high-mercury fish that FDA warns the public to avoid. Do you think FDA needs to at least warn patients to avoid mercury amalgam fillings?
- Only patients, not dentists, know whether they are already exposed to mercury in their diets and workplaces. But patients – deceived by the term “silver fillings” – do not know about amalgam's mercury content. So neither they nor their dentists can assess whether mercury from amalgam is too much to add to their body's pre-existing mercury burden. Do you think FDA can ensure the “safety” of amalgam without even requiring labeling telling dental patients that amalgam is 50% mercury?
- Unlike minimally-invasive mercury-free dental fillings, the placement of mercury amalgam fillings requires the removal of significant amounts of healthy tooth structure, which weakens the tooth. Do you think FDA should consider the damage amalgam does to tooth structure in its scientific review?
- There are many mercury-free alternatives that render mercury amalgam obsolete for use in modern dental care. Yet FDA's current amalgam policy defends amalgam as if it were a life-saving device. Do you think that FDA needs to consider how unnecessary amalgam is today when formulating its new amalgam policy?

Together, we can make sure that FDA hears a mouthful about amalgam!

With your help, we can change the future of dentistry.
Thank you for your participation!

Webinars

Presented by the Dental Wellness Center

Temporomandibular Joint Dysfunction (TMJ)

Moderator: Cindy Endres, MBA

Speaker: Robert P. McBride, DDS, MAGD



"TMJ" can occur from a traumatic blow to the joint(s), an improper bite relationship between the upper and lower teeth, or a combination of the two. The problem can also be magnified with certain general health conditions, such as osteo and rheumatoid arthritis. So, when

someone says that they have “TMJ,” they are really saying that they have symptoms having to do with their temporomandibular joints and adjacent areas. Dr. McBride discusses his approach in assessing and treating TMJ disorders in this informative webinar. [View NOW](#)

Silver Diamine Flouride “SDF” Therapy

Moderator: Cindy Endres, MBA

Speaker: Janell Leanillo, RDH, BSDH, MPH

Silver Diamine Flouride has been found to arrest the decay process by killing the decay producing bacteria in both small and deep cavities. In children, unless the decay has caused structural damage to a tooth, treatment with this material may be all that is needed with no tooth repair. Learn about SDF treatment from speaker Janell Leanillo, dental hygienist at the Dental Wellness Center. [View NOW](#)

Health Corner

Presented by the Dental Wellness Center in Collaboration with IAOMT

Biological Dentistry and Oral Health Integration Series - Part I

Biological dentistry is not a separate specialty of dentistry, but a thought process and an attitude that can apply to all facets of dental practice and to health care in general: to always seek the safest, least toxic way to accomplish the goals of modern dentistry and of contemporary health care and to recognize the essential connections between oral health and overall health. The tenets of biological dentistry can inform and intersect with all topics of conversation in health care, as the well-being of the mouth is an integral part of the health of the whole person.



Biological dentists encourage the practice of mercury-free and mercury-safe dentistry and aim to help others understand what these terms actually mean in clinical application:

- “Mercury-free” is a term with a wide-range of implications, but it typically refers to dental practices that do not place dental mercury amalgam fillings.
- “Mercury-safe” typically refers to dental practices that use innovative and rigorous safety measures based on up-to-date scientific research to limit exposure, such as in the case of removing previously existing dental mercury amalgam fillings and replacing them with non-mercury alternatives.
- “Biological” or “Bio-compatible” dentistry typically refers to dental practices that utilize mercury-free and mercury-safe dentistry while also considering the impact of dental conditions, devices, and treatments on

oral and systemic health, including the bio-compatibility of dental materials and techniques.

In addition to consideration for the risks of mercury fillings and bio-compatibility of dental materials (including the utilization of allergy and sensitivity testing), biological dentistry further addresses heavy metals detoxification and chelation, nutrition and oral cavity health, oral galvanism, risks of topical and systemic fluoride exposure, the benefits of biological periodontal therapy, the influence of root canal treatments on patient health, and the diagnosis and treatment of neuralgia inducing cavitational osteonecrosis (NICO) and jawbone osteonecrosis (JON).

Within our membership, IAOMT dentists have varying levels of training in mercury-free, mercury-safe, and biological dentistry. [Click here >>> Learn More About Biological Dentistry.](#)

Dr. McBride is a member of the International Academy of Oral Medicine & Toxicology (IAOMT). Look for more informative news on the [IAOMT website page geared for patients.](#)

Kids Corner

5 Facts to Engage Your Children in Dental Awareness

Did you know...



1 Tooth enamel is the hardest

bone in your body. Yes, it is. The enamel is the reason why teeth last forever. It also protects the inner part of the tooth called the dentin. To take care of your enamel, ensure you brush your teeth often and avoid biting into hard objects.

2 Your mouth makes around 25,000 gallons of saliva in a lifetime.

Incredible, isn't it? 25,000 gallons is equal to the amount of water in a standard Olympic size swimming pool. Saliva also has vital minerals that protect the enamel and prevent tooth decay.

3 Teeth started growing in your gum before you were born.

Baby teeth started forming in your gum way before you were born. This explains the itchy gum kids have before the first tooth sprouts. Kids have 20 baby teeth while adults have 32 permanent teeth.

4 Your mouth has more bacteria than there are people in the world. This is true, but it shouldn't scare you. Keep on brushing your teeth often, especially after meals, and you will be good to go.

5 Everyone's teeth are different. Teeth are like fingerprints; no two people in

the world can claim to have identical teeth. This explains why teeth are crucial in identifying people, especially during an investigation.

Let's help you take better care of your kid's teeth. The Dental Wellness Center specializes in preventative dentistry. Come see us today!

Patient Testimonial

The Experience at the DWC

Patient Teresa Suzuki shares her experience with Dr. McBride and staff at the Dental Wellness Center. Through her treatment, Teresa has become pain free and has a beautiful, healthy, Bioesthetic smile. Look for her smile in our gallery of patient before and after images on our website:

LongBeachHolisticDentist.com



*Leanne, DWC Administrator
Birthday Celebration*

*Cindy, DWC Operations Manager
Birthday Celebration*



Patient Testimonials

Michael Rogers

★★★★★ 5 star review

Always so friendly and professional. Real care and attention to details and yet personal. You might think you are getting a better deal at a place just because insurance has them on a list. This dental team brings the highest value at a reasonable price. Great people.



Eric Escobeda

★★★★★ 5 star review

Dr. McBride is a great dentist. Most painless I have ever experienced. He doesn't push for cosmetic procedures (braces) unless your bite is causing you issues. He's mainly concerned with your overall health and how your dental health effects that. The hygienist is sweet and patient. All the staff are kind and professional. I took my 11 year old niece there and she left wondering why we ever took her to any other dentist. She's actually looking forward to her next visit.

Regina L.

★★★★★ 5 star review

Great experience with my five year old on her first ever dentist visit. everyone was very welcoming and kind. thrilled and comforted to know there is a holistic dentist that is local to my family and me.

Daniel Lara

★★★★★ 5 star review

Dr McBride and his staff have been Amazing!
Thank you for the quality service :)

I highly reccomend these great people to anyone looking for more of a natural approach to dentistry.

Jen Dixon

★★★★★ 5 star review

I went to go see Dr. McBride because I was suffering with TMJ and getting severe headaches. He was very knowledgeable, and I was very happy to find someone who had some solutions for me. His treatment plan was simple, but it was very effective and I rarely get headaches due to my TMJ. I am so happy I went to see him, only regret it waiting so long to go and tearing my stomach up living on advil.

Christle Davis

★★★★★ 5 star review

All of the staff are very friendly, patient and informative . Always a great experience



Lindsey is a RDA and decided to come to the DWC for a holistic approach for her oral health. Welcome Lindsey!



Mothers and Daughters at the DWC. Patient Tselmuun and her mom ❤️ with Leanne and her mom Karen



Karen is our Patient of the Day! She has been a patient at the DWC for 28 years! ❤️👍



Mary Lou has been a patient of Dr. McBride's for many years. She is 101 years young!



Heather is reading to Eowyn while brother Jude is getting his teeth cleaned.



Grant is getting his teeth cleaned by Janell our hygienist. What a great smile!



Florence is looking good and feeling good!



Juan is our Patient of the Day. He just had his teeth cleaned by Janell our hygienist.



Nekka is smiling and is ready for her appointment!



Ryan is very happy to get his teeth cleaned!



Brent is happy to be at the DWC!



Frank has clean teeth! 🦷



National Dog Day. Show off your fur babies! Willow and Koa featured here. Share your favorite pet photos with us!



Paul has been coming to the DWC since he was a teenager.



Messiah just had a check up with our hygienist. Looking good! Big Smile! 🦷



Ty just had his teeth cleaned by Janell and then Doc filled a couple teeth. Looking good Ty!



Sylvia is a new patient at the DWC. Welcome!



Scarlett playing checkers with mom in the DWC reception area.



[Click](#) for the story behind my SMILE :-)

Thank you for your continued support of the Dental Wellness Center and our mission to keep people happy and healthy! We hope you enjoyed reading the latest news from Dr. McBride's office. The Dental Wellness Center Staff looks forward to seeing you soon!

Enjoy the change in fall color and the crisp air that refreshes the soul!

Leanne Sabo
Dr. McBride's Office

Connect With Us

