



DWC Newsletter

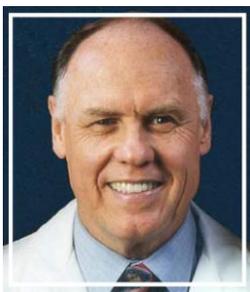
Issue 39



"What good is the warmth of summer, without the cold of winter to give it sweetness."

- John Steinbeck

A Note from Dr. McBride



Of all the seasons, winter seems to possess the most distinctive of personalities, even in California where they are somewhat seamless. For me, winter is a mixed time of holidays, family, friends and also a time for planning on how I'm going to make the coming year even more distinctive than the last.

2018 has been a year of continued growth for the Dental Wellness Center as we have upgraded our facility, invested in new technology and improved procedures to support our philosophy of enlightening and improving the health of our patients!

As we ring in the New Year, we will introduce many new and exciting events to further our efforts in educating our patients in their overall health. Please join us as we discover together the latest trends in dentistry through our webinar series, quarterly meet ups for families and young children so that they learn how to get the most out of their visits to the dentist and hygienist, as well as our quarterly newsletters.

Happy Holidays and a Prosperous New Year! - Doc

DWC Education Corner

What You Can Expect at the Dental Wellness Center

By Robert P. McBride, DDS, MAGD

A growing body of medical research confirms the strong connection between poor dental health and chronic disease, including cancer, diabetes and heart disease. Some dentists now dedicate their practices to a “holistic” approach: to improving and protecting overall health, not just what happens in your mouth.

This has been the approach of The Dental Wellness Center for over 30 years. Standard dentistry is basically a “restorative” profession, concerned with teeth cleanings, filling cavities, making crowns, replacing teeth and improving their appearance. Most of these procedures treat only the results of dental disease. Dentists with a holistic approach, however, work in an entirely different way – they primarily look for the cause of the problem before treating the results.

The mouth is a very unique part of the body, as it is a very sensitive area both physically and emotionally. It has been reliably reported that 50% of the American population... [READ ON](#)

In the News

Dental Amalgam Fillings Linked to Pregnancy Risks

By International Academy of Oral Medicine & Toxicology (IAOMT)



Two new studies associating dental amalgam fillings with pregnancy risks confirm action is urgently needed to protect babies from the known risks of mercury, according to the International Academy of Oral Medicine and Toxicology (IAOMT). A growing number of countries have taken measures to prevent the

placement of dental amalgam "silver" fillings in women and children because it contains approximately 50% mercury. However, dental amalgam is still used widely in the United States with no restrictions for these or other susceptible populations. [CLICK HERE FOR FULL STORY](#)

Upcoming Events

Webinars

Presented by the Dental Wellness Center

Temporomandibular Joint Dysfunction (TMJ) Webinar

"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 to be released February, 2019.

Family Meet Ups

Presented by the Dental Wellness Center



Your smile depends on simple dental care habits, such as brushing and flossing. But are you using the right techniques? Practicing good oral health care at an early age is important. A child's understanding of basic dental care will help them grow into an adult that takes care of those pearly whites! Our hygienist Janell will provide helpful information with our DWC slide presentation to parents while the children will have an opportunity to

engage directly with Janell and learn how to brush and care for their teeth. Goody bags and model teeth and brushes will be provided during the Meet Up. Look for upcoming dates that you can attend one of our Meet Ups. A fun day out for the family while becoming educated on how to help your children become more aware of their own oral hygiene. Save the date - February 22nd.

Patient Video

*The Patient Experience
with Oriane Shiroma*



**Rachel's
Birthday Celebration**



Karen McBride



**DWC
Holiday Celebration**

Dr. McBride with Rachel & Janell



Dr. & Mrs. McBride with Staff



Patient Testimonials



"Best Dental Care, BAR NONE! Always friendly and professional! I highly recommend Dr. McBride and his excellent Staff. Dr. McBride partners with the Best Oral Surgeons and Labs to deliver a quality product and experience that I am absolutely thrilled with. His Staff is fantastic! In short, I and my family are so thankful for this team of professionals and their

phenomenal care." - David C.

"Dr. McBride is a passionate man. He takes his profession to a rare level of expertise because he cares for his patients." - Richard Lopez

"Amazing staff, excellent dental care, and well worth the expense to know they won't be pushing dangerous chemicals and toxins." - Maya

"Love Dr. McBride and Staff! I had a dental emergency on a Sat., left a message in which my call was returned early Monday morning and was seen by Dr. McBride at 3:00 P.M. How about that for service? Dr. McBride and Staff are the best." - Rose Lee

"Truly the "Dental Wellness Center" with the most amazing talent, from Dr. McBride and the whole complete team. Lynnette and I appreciate the years of excellent service. Thank you!" - Charlie & Lynnette Shipp

"This is biologic dentistry, or alternative dentist, where they are actually concerned for your health and what might be toxic to the patient, like mercury and fluoride, which they do not use. I love the dental hygienist, she is gentle, knowledgeable, and thorough. You are in good hands at Dr. Robert McBride's dentistry wellness center." - Kathy Warren

Social Media Fun



Patient Akary always brings Sunshine to the DWC!



Peggy and Diane are new friends at the DWC. We love our patients - always



Caleb's 1st appointment with DWC hygienist Janell and Dr. McBride!

smiling. :-)



Susan has been a long time family friend and a patient of the DWC family for decades. Looking great you two!



Jim Clements has been a patient at the DWC for 25 years!



Zaanti and Miela's 1st visit at the DWC. They love Buddy our puffer.



3 generations: Debbie, Gabby and Monika. A family affair at the DWC!



It's a family affair with the Ortiz Kids and Mom at the DWC!



Nancy has been a patient at the DWC for 36 years.



Dr. Luelinda Tomlin our local Optometrist and patient for over 35 years.



Patient Michelle is happy she is on her way of being mercury free...safely!



Logan is picking out a prize in the treasure chest after his check up at the DWC!



Lila's 1st visit at the DWC. She and her mom Ixchelle had so much fun!



John Desler and his wife Patty have been part of our DWC family for over 40 years.



Indigo had his first SDF treatment today. A pain-free way to address cavities for children.



Carly's 1st visit with Janell our DWC hygienist. She's showing us she had her teeth counted.



Virginia loves her hygienist at the DWC. Janell helps educate our patients with regular cleanings and effective home care.



Another great checkup for Nicole at the DWC!



Drake's 1st visit at the DWC with his dad Josh.



Katie has been a patient of the DWC for over 10 years and just had another great check up.



Herb has "LIKED US" for more than 30 years.



Crystal said she loved her first experience at the DWC. Welcome to our holistic family!



Lillian's first visit at the DWC with mom and dad.



Kristina has joined the DWC Mercury Free Club! Congratulations on the success of removing your mercury amalgam fillings.



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

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

Happy New Year!

Leanne Sabo
Dr. McBride's Office

Connect With Us

