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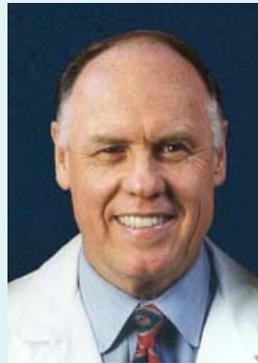


Fall is that time of year that says: "Where did the summer go?" It is the transition time between summer and winter that reminds us of changes that occur, and it is change that inspires us to continually grow as people, bringing about fresh new ideas to our many endeavors. We at The Dental Wellness Center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



The Bigger Picture

When a person makes an appointment for a new patient examination at The Dental Wellness Center, they're usually pretty sure they will be in the right place based upon the fine manner in which they have been accorded on the phone, information about the practice philosophy on our website, as well as positive information from patient referrals who have had magnificent



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QUARTERLY QUOTE

"Autumn is a second spring when every leaf is a flower. "

~Albert Camus

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TESTIMONIALS

"Simply the Best!"

"Dr. McBride represents his profession in the best possible manner. He is thorough, smart, creative, caring and an all-around nice guy. I had an insurance switch this year but when a dental emergency came up I had to pick the best, regardless of coverage."

-Rita P.

"Not your run-of-the-mill

experiences. The new patient interview in itself is a new experience for most all patients, as well as the detailed written Review of Findings (ROF) that follows. It is somewhat of an educational critique of their current oral condition, but looks down the road at their future long-term oral health. It outlines their periodontal, dental and occlusal (functional) status, options to remedy problems in those categories and has recommendations for appropriate diagnostic, preventive and treatment measures. These three areas are what the Dental Wellness Center mainly focuses upon with its patients and they are almost always related to one another. When we see periodontal bone loss around the teeth in one area of the mouth and not in another, almost always there is an occlusal (functional) disharmony underlying it that places greater than normal pressure in that area which makes it more vulnerable for the bacteria to do their damage. This is why patient education is so important so they can understand why their treatment is sequenced from these varying standpoints. In other words, why only deep cleanings or periodontal surgery if a large cause is the heavy biting pressure on the teeth in that area? Another is if a person wants their mercury amalgams removed and their bite doesn't match their TMJ's. This may be causing teeth wear or bite related head and neck pain, etc. So, do we want to fix the teeth immediately to the current bite which may make the patient worse off, or in a planned, systematic way that will be to their greater benefit for the long-term. Years ago before I knew as much about this important relationship between the teeth and TMJ's, some patients would say after teeth treatment "I never had popping and clicking until I had my fillings replaced," or "My headaches went away after you placed my new crowns." I unwittingly made some patients better and some worse because I didn't know what I didn't know. Because I won't let that happen again, I have turned into a teacher as well as a "doer." Learning about one's mouth is a process that is different from the traditional "drill, fill and bill" mentality. I have also discovered that for optimum education to occur, my team needs to know - forwards and backwards - about our recommended preventive and treatment protocols and the rationales behind each of them so that they can be teachers as well, as they are integral elements within the bigger picture.

Come visit the Dental Wellness Center and say hi to "Buddy"

"Creatures in my mouth".



dentist"

"If you want a dentist who takes the time to get to know you and explains his philosophy of dentistry, Dr. McBride is the one for you. He understands that the teeth and mouth affect a person's entire health, and he takes time to educate the patient as well. He's not in a rush - he wants to take time to give you the best services possible. Great staff also!"

-Sharon M.

"Best Dental Office"

"This is the BEST Dental Office because of the friendly Staff, the modern equipment, and the warm water they use to rinse your mouth. Also they really are knowledgeable about your Whole Body and how the condition of your gums could cause major problems with your Overall Body Health."

-Barbie W.

"Great Urgent Care"

"Dr. McBride's up-to-date knowledge on advanced treatment saved my broken tooth from extensive surgery. Thanks, Doc, and to everyone in the office!"

-Edward G.

"Excellent Oral Health Services"

"Dr. McBride is an outstanding dentist and an incredible human being. Prior to starting services with his practice I was having decay and losing my teeth on a regular basis, even though I was having regular dental care. Other dentists that I had visited were only providing limited, narrow focused and substandard care. From my very first visit with Dr.

McBride, his philosophy has been to use a holistic approach to dental wellness and to involve the patient in the process. The comprehensive and team approach care that I have experienced with his practice has been a game changer. In over 6 years that I have been having care with his practice, I have not lost any more teeth and my oral health, teeth and the appearance



Creatures in Mouth



Use Your Toothbrush To Fight Cancer

Some of the most important tools you can employ to lower your risk of cancer are a toothbrush and

dental floss. Use them properly and you may lower your chances of early cancer death by up to 80 percent.

For years now, the medical community has known about the critical influence that oral health can have on the rest of your body. However, many people still do not quite realize how vital healthy teeth and gums really are. That's why one recent observational study published online in the *British Medical Journal Open* is a real attention grabber: Not only does it add substantiation to this important connection between dental and overall health, but it proposes that the consequences of periodontitis (gum disease) could in fact be *far* more severe than you may ever have imagined. The data suggest that poor oral hygiene can increase the risks of early cancer death by up to 80 percent.

In this study, Swedish researchers found that there is a significant link between excessive dental plaque bacteria and premature cancer death. Higher levels of bacteria correlated with increased risks of dying up to 13 years earlier than normally expected. Scientists assert that further studies are required to prove a direct causal relationship between oral health and cancer, but other studies present similar findings and suggest a strong correlation. Some experts claim that one in five cancers are caused by chronic inflammation and bacterial infections - which are the primary cause of periodontitis (gum disease) and poor oral health.

In another study, researchers from the State University of New York examined the gum health of 266 patients who were diagnosed with and treated for head and neck cancer over the past 10 years, along with 207 controls. Doctors determined the presence of gum disease by measuring each patient's amount of alveolar bone loss - the bone that comprises the tooth socket - as visible through X-ray. Results showed that for each millimeter of alveolar bone lost, a subject's risk of head and neck cancer was a shocking *four times higher*. What's worse, the link was found to be *independent* of high-risk lifestyle factors, such as tobacco use or alcohol.

Unfortunately, this is not the first time oral health has been linked to a deadly condition. The relationship between oral health and heart disease, for example, is well-documented. Oral infectious agents can enter the circulation and negatively affect

health, teeth and the appearance of my smile have improved 100%. Dr. McBride does not take dental insurance and his prices are a little more expensive, but the office staff will assist you with billing your insurance. I have a dental HMO insurance however I choose to pay out of pocket for all of my services with Dr. McBride because I value the quality of the care and services that I receive from his practice. It has been said that you get what you pay and that is certainly true concerning my care with Dr. McBride. Having Dr. McBride as the quarterback for my dental and oral health has been one of the best investments that I have ever made. Thank you Dr. McBride."

-Debra M.

"Cleaning"

"Wonderful as usual. Love getting my teeth cleaned and seeing Dr. McBride."

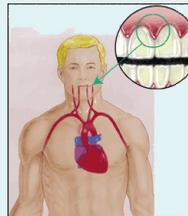
-Leslie M.

 [Forward to a Friend](#)

"There is no finer gift than the referral of your friends and family."

Doc's Talks

"Mouth-Body Connection"



By reservation only

WHO: Dr. Robert P. McBride

WHAT: Discover the Mouth-Body Connection. Robert McBride, D.D.S., M.A.G.D. will be sharing his valuable message about the importance of oral health and how it is related to your overall health (gum disease, heart disease, TMJ;head/neck pain, vertigo, mercury/amalgam fillings, inflammation, diabetes, etc.)

the heart and cardiovascular systems. This is why individuals with heart valve diseases have to take prophylactic antibiotics. Recent data further suggest a strong correlation between inflammation, periodontal disease and cardiovascular diseases.

Natural Solutions To Prevent Gum Disease and Protect Overall Health

One good way to prevent gum disease is simply to improve your dental hygiene through regular brushing and flossing. A nutrient-dense, whole-foods diet can help reduce inflammation, improve oral health and reduce infection. Above all, stay away from those sweets and soft drinks. Good hydration will also help control dental plaque. Natural supplements, botanicals and nutrients, used both orally and topically as mouthwashes, help to keep inflammation and infections at bay. You will be surprised how quickly poor oral health can be reversed with these simple methods.

One published peer-reviewed study demonstrated the ability of a Tibetan-based botanical formula, to *substantially* reduce inflammation of the root and gums. How can a simple herbal formula at low dosages have such a profound effect? It is due to its well-researched ability to regulate inflammation, support circulation and strengthen the immune system - all critical properties that have been documented in numerous published studies.

Another natural compound shown to improve oral hygiene through its ability to reduce inflammation and control infection is the botanical extract honokiol. This active compound is derived from the bark of *Magnolia officinalis* tree and has been widely researched for its potent anti-cancer, antioxidant, antimicrobial and anti-inflammatory effects, among other benefits. Specific nutrients and antioxidants such as vitamins C, E, A, D-3 and Coenzyme Q10 are also helpful to improve dental health, reduce inflammation and infection while boosting immunity. Green tea and calendula both help to reduce inflammation and free-radical damage while fighting bacterial infections.

These supplements can be taken orally, and they are often used in natural mouthwashes as well. Look for a mouthwash without fluoride that includes some or all of these natural ingredients.

The Big Picture

The health of your mouth closely correlates with the health of the rest of your body, but conventional dentistry and allopathic medicine seem only recently to have begun relating oral health to overall wellness and longevity. However, ongoing research continues to connect poor oral and dental health with a number of chronic conditions, highlighting these direct relationships. The good news is that many natural-health solutions that protect and promote oral and dental health also address a number of other critical areas, including heart health, cellular health, immunity and overall vitality. By being aware of these vital connections and taking the extra steps to maintain good oral hygiene, we can also protect and promote our overall vitality on numerous levels, naturally.

WHEN: Wednesday,
October 17th at 6:30pm
Enjoy refreshments
Presentation starts at 7:00pm

WHERE:
Studio Cie Wellness Spa
4117 Woodruff (and Carson)
Lakewood 90713

RSVP: Leanne 562-421-3747
(seating limited)

[Click here to Register](#)

HELP ANOTHER AND

 **Forward to a Friend**

Someone who has dental problems or fears, bad breath, unresolved headaches, neck aches, vertigo, or jaw pain.

We Love Our Animals:

Email back who you think is the match to the owner and win a prize if you are right!



DOC BARB KC



VALERIA JEAN LEANNE



"MOE"



"DAISY"



"TIKI"





SUMMER BASKET WINNERS:
Congratulations to Virginia and Ivan Perez!

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"CHUY"



"CHIP"



"SZABANOS"