



# Dental Wellness Center

FALL 2015

Issue: 26

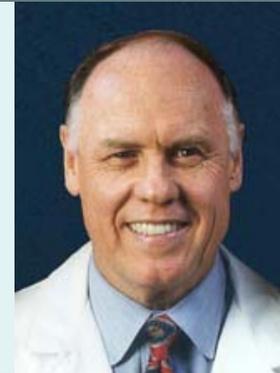


## Note from Doc

"Change is a measure of time and, in the autumn, time seems speeded up. What was is not and never again will be; what is is change."

- *Edwin Teale*

As I look back and note all the changes that have occurred through the years within the field of dentistry and within The Dental Wellness Center, I am proud of our patients' continuing outstanding level of oral health. I believe that this record is due to continual communication of the proper message that engenders mutual interest and trust that are necessary to make it happen. We are looking forward to many more changes ahead that will even increase the level of our patients' oral and systemic health as well!



### TOPICS:

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### QUARTERLY QUOTE

*Autumn, the years last loveliest smile.*

-*William Cullen Bryant*

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## TESTIMONIAL S



**Symptoms**



**Causes**

## **Comparing Traditional and Holistic Dentistry**

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

The Thorndyke & Barnhart dictionary definition of holistic is, "concerned with all factors, physical, mental, emotional and spiritual that affect health, rather than treating isolated diseases and symptoms." There are many dental problems that dentists are responsible for detecting and treating. Many are located solely within the mouth, and many are associated with other bodily conditions/illnesses. The health of the mouth can both affect and be affected by the health of the body - everything is connected.

In traditional, insurance-driven dental practices, the extent of a dental examination can range from a quick check-up with minimal x-rays, to a complete set of x-rays and gum pocket measurements. Following the examination, a list of recommended treatment procedures is presented to the patient. The main thrust is on finding the results of dental conditions, such as decay and gum disease, and then providing repair, teeth replacements and cleanings, with relatively little emphasis on the cause of the decay and gum disease. In most traditional dental practices, the initial new patient examination is done fairly quickly for several reasons:

- \* The examination process is mainly performed to find out what's wrong and to recommend treatment procedures, but often does not address the causes of the dental problems, which takes more time.
- \* Many people have fears and phobias about dentistry. After having made their initial appointment, some cancel to avoid this "day of reckoning." Consequently, dentists will double book short appointments in case of a "no-show."
- \* Traditional dentistry is driven by the dental insurance industry which offers limited benefits for examination procedures and learning experiences. Thus, initial patient appointments may be abbreviated because they do not constitute a profit center. For economic reasons, dental assistants and hygienists may be assigned most of the

**"DR. MCBRIDE IS THE PERFECT EXAMPLE OF WHAT EVERY DENTIST SHOULD BE."**

**He's not there to rush you in and out just to make a quick buck. He wants to teach his patients how to achieve the best oral health possible.**

*-Anonymous*

**"VERY NICE DOCTOR AND STAFF, IT IS WONDERFUL HOW THEY EXPLAIN EVERY STEP AND WALK YOU THROUGH IT." Love to learn and they are very informative sweet people. Thanks.**

*-Michelle A.*

**"GREAT DOCTOR, GREAT STAFF AND AS ALWAYS, A TRUE HEALING ENVIRONMENT AND EXPERIENCE."**

*-Byron B.*

**"THE MOST PROFESSIONAL, FRIENDLY, EFFICIENT AND**

examination procedures, with only a brief amount of time with the dentist. This diminishes the importance of the first visit in the mind of the patient, which makes it easier for them to cancel or "no-show."

One of my early mentors said, "The health of the relationship between the dentist and patient is more important than the health of their mouth, because without the former, you'll never have the latter." Over time, I have discovered this to be quite true. In a holistic, wellness approach to dentistry, the primary focus of the new patient encounter is the development of a healthy and trusting relationship between the doctor/team and the patient. During this process, many assessments are performed to discover the cause of any unhealthy oral conditions from which a complete, written Review of Findings is developed for the following appointment, so more time is allotted. The oral examination takes place to not only discover the presence and cause of decay and gum disease, but many other evaluations are performed to assess the state of the entire oral system that include some, or all of the following procedures:

- Review and discussion of the patient's complete medical and dental history.
- Oral cancer inspection: visual; palpation (manipulation of oral, facial and neck areas);
- Oral ID (fluorescence technology that detects both pre-cancer and cancer).
- Assessment of TMJ (temporomandibular jaw joint) function. Many people have a mismatch between their teeth and jaw joints that can result in teeth wear and symptoms, such as migraines, head and neck pain and vertigo.
- Measurement of teeth lengths to discover abnormal tooth wear patterns.
- Assessments for sleep apnea.
- Testing for dental materials allergies - especially important for people with a compromised immune system.
- pH testing (relative acidity/alkalinity of the body). Tooth decay, gum disease, cancer and other conditions thrive in an acidic bodily environment.
- Full periodontal (gum) pocket measurements and bleeding assessment.
- Bacterial plaque assessment using phase contrast microscope.

**CARING DENTAL  
PRACTICE I HAVE  
EVER  
EXPERIENCED!"**

*-Diane K.*

**"WHEN YOU NEED  
TO SEE A DENTIST  
OR HAVE YOUR  
TEETH CLEANED,  
THIS IS THE  
PLACE TO GO!"**

*-Nancy E.*

**"JANEL CARES.  
SHE TOOK THE  
TIME TO CHECK  
MY  
UNDERSTANDING  
AND EDUCATE ME  
FURTHER ON  
WHAT "POCKET"  
MEANS." She also  
showed me exactly  
where it's located, and  
the mechanics of  
working on it. I'm  
excited that I can do  
more about it now.  
Thanks!"**

*-Anonymous*

**"THE VERY BEST  
CLEANING I HAVE  
EVER HAD...SHE IS  
A KEEPER."**

*-Brian B.*

**"WHAT A  
DIFFERENCE  
GOING TO A BIO  
DENTIST."**

**Very extensive  
cleaning and oral**

- Based upon the above screening results, possible oral bacterial samples taken from the tongue, throat and teeth. These are sent to a laboratory, which conducts a microbial analysis to identify any harmful bacteria that are causing gum disease and breath odor.
- If indicated, testing for blood glucose (A1C) C Reactive Protein (hsCRP) - especially important for patients with pre-diabetes or diabetes.

Recognizing the complex differences between each person and their unique dental needs, we want to allow enough quality time upfront to first get to know the new patient as well as provide all appropriate assessments. Through this holistic approach, the learning process is mutual: the doctor and team members are able to get to know the patient, and the patient gets to know the doctor and team in a manner that allows the best chance of gaining sustained health, not just a "quick fix." This sets the stage for the development of individualized preventive and treatment planning to address the specifics of these differences. Mutually agreed and understood preventive and treatment regimens are then performed in a safe, trusting, and nurturing environment.

The word holistic connotes four aspects that affect health: physical, mental, emotional, and spiritual. The thrust of current dental and medical education has to do with treating the body, with much less regard for the person occupying it. Obviously, dental treatment is physical, but to solely address this health aspect without recognizing the other three may be testimony to the fact that 75% of the population has some fear of the dental experience. In a holistic, wellness-centered dental practice, adequate time is allotted towards an educational, relationship building process in which mutual trust can be developed, and negative emotions and mental stress having to do with past dental experiences are positively dealt with.

It is human nature to want to do your best for someone you care about. I've found through the years that the patients in my practice with the most optimum and enduring oral health are those with whom a mutual affinity was developed early on. A synergy of sorts ensued, starting with a co-learning process resulting in the development of shared responsibilities that are mutually enacted. This, I believe, encompasses the spiritual element of a true holistic dental practice.

## WHAT ABOUT X-RAYS?

**examination. My previous Dental office never measured my gum depth. Being treated by McBride's staff brings the awareness of your own oral hygiene to a higher level. So glad to be a patient here! Your oral hygiene is directly related to your overall health, which is why I sought Robert McBride in the first place.**

*-Sandra M.*

**"VISIT WAS EXCELLENT. HYGENTIST WAS COURTEOUS AND EFFICIENT."**

*-Edward Mc.*

**"PROFESSIONAL AND FRIENDLY AND GENTLE TOO."**

*-Carol O.*

**"EXCELLENT! I HAD MY MERCURY FILLINGS TAKEN OUT AND I DID NOT FEEL ANY PAIN WHATSOEVER, VERY KNOWLEDGEABLE AND HE CARES ABOUT HIS PATIENT."**

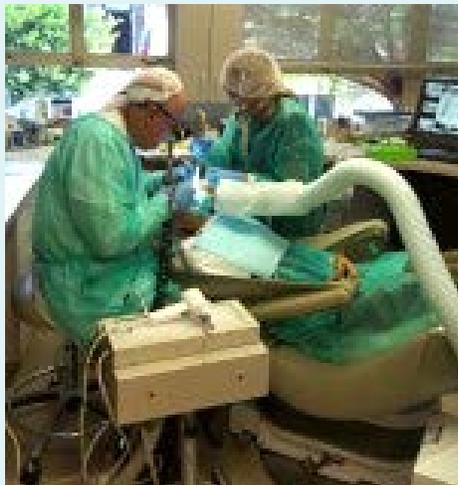
*-Annabelle M.*

Hi, my name is Rachel. I have been a dental assistant at Dr. McBride's office for almost 2 years now. During this time I have had patients ask me several questions regarding dental x-rays. The most frequently asked questions usually include "Are x-rays safe?" "How much radiation is a safe amount?" and "How often do I need them?" To help answer these questions as well as inform the patients I did some research and wrote an article regarding digital x-rays. In this article I address some of the most common questions as well as give comparisons to help patients better understand. Below is a link to my article. I hope you enjoy.

CLICK BELOW:

[WHY ARE X-RAYS NEEDED?](#)

## SAFE MERCURY REMOVAL AT THE DENTAL WELLNESS CENTER



This is why we do ALL of this:

**"ALWAYS LOVE  
MY EXPERIENCE  
WITH THE  
HYGIENIST."**

Makes the task of  
going to the dentist not  
so bad :)

*-Andrea M.*

**"I AM VERY  
PLEASED WITH  
MY DENTAL  
HYGIENIST."**

Janell is professional,  
caring and dedicated  
to her profession. The  
office staff is friendly.

*-Rose L.*

**"AS BEFORE,  
TREATED VERY  
NICELY AND ONE  
GOES AWAY  
FEELING HELPED  
BY A TRUE  
PROFESSIONAL  
WHO CARES."**

*-Donald T.*

**"DR. MCBRIDE IS  
VERY CARING."  
He takes his time to  
educate and explain  
each step what he  
would be doing. I like  
his holistic approach  
to dentistry which is  
vey rare nowadays.**

The patient's  
wellbeing comes first  
not his pocketbook.

*-LeeLee L.*

**"I APPRECIATE  
THE LEVEL OF**



Watch the Smoking Teeth = Posion Gas Video

### Mercury Removal Testimonials

"Three years ago I had four old, cracked mercury fillings removed at another dentist. It was awful. My teeth were sensitive, misaligned and I swallowed tons of mercury amalgam. It took me 3 years to build my courage to return to the dentist and from my first meeting with Dr. McBride I knew I was in good hands. He uses a safe protocol for removing mercury fillings and is impeccable with his work. My teeth look and feel awesome. He has given me the chance to be mercury free for the first time in 28 years. If you have mercury fillings, this is the place to get them removed. If you don't have mercury fillings but are looking to improve your health, reduce gum inflammation and improve your quality of life through expert dental care then this is still the very place to be. Dr. McBride has gone out of his way to educate himself thoroughly in all aspects of dental health. He doesn't care about the status quo in American dental care, he cares about you and your health. I will never, ever go anywhere else."

*-Karinne E.*

"I was so frightened to take out my mercury, not that I was attached to it, but I have always hated dental appointments (without nitrous) and worried that getting rid of mercury could make me more sick. Dr. McBride's office is a soothing, friendly, environment where I immediately felt comfortable. I had a successful morning appointment. I wasn't uncomfortable. I got out of the chair KNOWING I did the right thing for my health and my life."

*-Lisa G.*

### TMJ TESTIMONIALS

**CARE AND THOROUGHNESS GIVEN WHEN I VISIT DR. MCBRIDE'S DENTAL OFFICE."**  
**I have been a patient for 17 years and will continue. Emphasis is placed on maintaining the health of teeth and gums. It absolutely makes my day when the hygienist says "everything looks good."**

*-Elaine M.*

**"VERY SATISFIED CUSTOMER."**

*-Harry M.*

**"VERY PROGRESSIVE, INFORMATIVE AND PROFESSIONAL DENTAL PRACTICE."**

**NOTHING could have been more pleasant. This was the first time in my life I can actually say that I enjoyed going to the dentist of any Medical Office for that matter.**

**Thank you Dr. McBride and Staff for making the office visit unimaginably great! See you soon.**

*-Dion G.*

**"I'VE HAD A FEW**



### TMJ explained

Dr. McBride's level of knowledge and expertise is incomparable. He is brilliant at what he does and works with ease and finesse. On top of that he is warm, friendly, compassionate and has a very positive attitude - with a good sense of humor to boot! I have experienced TMJ dysfunction for years and he is the first dentist out of many I have seen that has a viable and medically proven way to correct the issue and heal it. He has opened my mind to all the possibilities and given me hope. Now...for his staff...they are like a family. Everyone is so warm and understanding and the positive energy is carried throughout this wonderfully nurturing community. The name "Dental Wellness Center" is extremely apropos for Dr. McBride's dental and Mago Therapy practice because I always leave with more well-being than I came with. I haven't needed a shot of Novocain lately, but the shot of support, joy and optimism is greatly appreciated! Thank you Dr. McBride and all the staff for doing what you do so well and making my visits a pleasure! In Gratitude, *-Carrie H.*

This man is truly a genius and has combined his passion and love for not only helping others but the field of holistic dentistry and all that pertains to it; for the sole benefit of individuals who find themselves writhing in pain and discomfort on a daily basis. He has devised a plan that will provide me with long term comfort and stability. After years of doctors visits, opinions and consultations, this man has finally figured out exactly what position my jaw wants to close with the muscles and joints all aligned in harmonious symphony. I have probably spoken too much so if you are in need of answers, GO SEE DR. MCBRIDE. *- Russell M.*

### CROWNS INSTALLED BY DR. MCBRIDE."

Each time they have been painless during installation, and more importantly, after installation. It's amazing, he can fit them so well, there is no swelling, discomfort or pain.

*- Ernest W.*

### THANKS BOB - MY SMILE LOOKS GREAT AGAIN - YOU ARE AN ARTIST!!!

*-Don W.*

# Summer Fun

Leanne's Birthday on July 1st



Cindy's(our bookkeeper) Birthday on May 24th

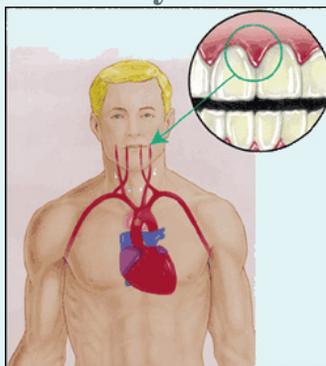


Dr. McBride's family vacation in Catalina



**Doc's Talks**  
By reservation only

## "Mouth-Body Connection"



### 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 related head/neck pain, migraines, vertigo; mercury/amalgam fillings; inflammation; pH (acidity/alkalinity); diabetes). Also, per this month's featured article, exciting information about treatment of snoring and Obstructive Sleep Apnea with an effective solution for those who are CPAP intolerant.

### WHEN:

Tuesday,  
September 29th at 6:30pm

### WHERE:

**The Dental Wellness Center**

5406 E. Village Road  
(Bellflower and Carson)  
Long Beach 90808

### CALL:

Leanne 562-421-3747  
(seating limited)

### HELP ANOTHER AND

 [Forward to a Friend](#)

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

**The Dental Wellness Center presents**  
**SAFE Non Invasive Body Imaging**  
**Thermography Screening Day**



**HOW DOES IT WORK?**

Thermal Imaging (Thermography) is a completely SAFE, body scanning procedure that has been approved by the FDA, and many other leading Councils, Associations, and Academies in the medical field. This imaging technique provides valuable information about your current health. The DITI (Digital Infrared Thermal Imaging) camera scans the thermal patterns of your skin and converts them into an image.

Our bodies were designed symmetrically, so by comparing and measuring the thermal patterns, we can identify signs of potential disease, especially pain and inflammation. This test can provide multiple clues to the health conditions within your body. It can detect early on, the precursors to many types of cancers, years before the cancer reaches a stage that becomes more serious to treat.

Thermal Imaging (Thermography) is especially beneficial for breast health, because it can identify abnormalities 8-10 years sooner than invasive mammograms. The good news is, Thermography is SAFE! No radiation, No contact, No compression, No pain! This test should be the very first clinical breast exam a young woman has in her life, as early as 18 years old.

**WHEN: Saturday, October 17th**  
**9am - 4pm**

**CALL** to reserve your spot:

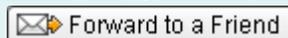
Leanne 562-421-3747

**WHERE:**

**The Dental Wellness Center**

5406 E. Village Road  
(Bellflower and Carson)  
Long Beach 90808

**HELP ANOTHER AND**



Leanne Sabo  
Dr. McBrides Office

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