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DENTAL WELLNESS* NEWSLETTER

It is quite apparent that in today's world, civility and quality of workmanship seems to have gone by the boards. Mediocrity has become commonplace within all fields of endeavor. Our great country has seen many changes through the years that have allowed outside influences to test one's integrity. This is why I appreciate so much the opportunity to work in a dental practice supported by a team that loves being here along with the many fine patients who appreciate the quality of our personal service and treatment efforts.

Dr. McBride

Quality and Safety



There are several technical and procedural amenities that we employ in our office that are above and beyond the usual. One of these is a special turbine air compressor that runs all our working equipment, such as the hand pieces and air/water syringes that spray and dry the teeth. With the advent of adhesive dentistry, such as bonded tooth-colored fillings, veneers, etc, it is imperative that any trace of moisture or oil not be in the air from the air compressor. Any trace of such will degrade the adhesive capability of the material causing it to eventually come loose or stained between it and the tooth.

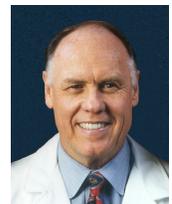
Years ago, when my "old faithful" piston type air compressor died, I decided to invest in a unique piece of machinery – a turbine type compressor called the T Bolt III. I had researched all the data I could find on air compressors and found that all piston driven air compressors emitted a moisture condensate of oil and water that can even get through dryers placed in the lines. The T Bolt III was developed by Frank Luckman, an ex-pilot who flew P47 Thunderbolts in WW2 and F84 Thunderjets in Korea. He had a machinist background and realized the potential of turbine technology being applied in the field of air compressors. Luckman's T Bolt III turbine air compressor was more expensive than the highest quality piston-type compressor, but it had exactly what I needed. It filtered out all bacteria and a high range of viruses, and it was moisture and oil free. It was also much quieter than a piston type compressor. I have been using this compressor for over 10 years now and have not had any problems with it. The extra cost of the compressor was a small price to pay for the peace of mind I have had knowing that my treatment efforts are not being sabotaged by moisture, oil and noise contamination.

This is just one of the many examples of how we can assure our clients that quality & safety remains at the top of the list when it comes to dental care in our office.

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Quarterly Quote



"We are what we repeatedly do. Excellence then, is not an act, but a habit"

Aristotle

KEEP FLOSSIN'



Results from a study published in the November 2004 issue of *Chest*: Pneumonia ranks the second most frequently acquired infection in hospitalized patients. It affects as many as 25% of all patients admitted to the intensive care unit who are placed on ventilators.

Nine pathogens, present in the lungs of elderly patients who developed hospital-acquired pneumonia, also were discovered in dental plaque samples taken from the same patients.

These findings bolster previous research linking the two afflictions, reported scientists at State University of New York at Buffalo.

"These findings indicate that dental plaque is a reservoir of respiratory pathogens that can cause pneumonia in hospitalized institutionalized elders."

ALIA. EL-SOLH, MD, MPH

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* Wellness denotes health, and true health is based upon sound relationships bounded by mutual trust and respect between practitioner, staff and patient. It is an attitude that involves learning and development of common goals for prevention and treatment.

It's a Matter of Philosophy



I have realized through the years that there is a tremendous differential in the quality of technical care and personal service existing within the field of dentistry. I have discovered that these differences ultimately lie within the head and heart of the dentist – his developed philosophy of care based on inherently held personal values.

Every profession or business entity has a rationale – a philosophy of sorts, whether clarified in written form or not. Dentistry for example, started out as an offshoot of the “sickness” model of medicine, wherein the physician attends to disease through medication, surgery, etc. This mode has not changed much over time as in the main, medical doctors are still basically providing the same remedies. This model that centers on controlling disease rather than developing health, is now heavily driven by the insurance industry through their regulation of doctor’s fees, and limitations of their diagnostic and treatment options. It is unfortunate that today’s typical patient receives medical care that is influenced by an entity that is more interested in its bottom line than the state of their enrollee’s health. One of the reasons that I continue with an individualized nutritional and exercise program is to lessen my chances of being in a hospital, which are inherently unhealthy places to be.

Not many physicians provide actual preventive services such as comprehensive diagnostic services and individualized nutritional and exercise programs, although some may make general recommendations and hand out literature – a basic lip service. Philosophies within the same profession can run the gamut from that of controlling symptoms through surgery and drugs, to one of identifying the underlying causation and the development of a plan that clarifies mutual responsibilities of both doctor and patient. Of course, this takes desire on the part of the patient and a willingness to be accountable and have a personal “philosophy” that resonates with that of the health-centered practitioner.

I have found that the best of technical (preventive, esthetic, functional) dental care can only occur within the confines of a sound relationship. Time taken in the beginning to clarify the desires and expectations of the patient to determine if there is a philosophical “match.” This, I believe is a crucial first step, because care rendered without it may invite a poor outcome.

I have never seen excellence in dental treatment from HMO or insurance panel type practices. There is simply not time allotted towards the development of a relationship. Dental procedures many times are performed by different dentists. Dentistry is seen more as “units of work” being dispensed to repair the results of dental disease, in contrast to looking at the bigger picture of one’s future oral health. Some dentists are drawn towards delivering this type of treatment – they want to get in, “get the job done” and get out. Another view sees the limitations inherent within this mode as compared to one that promotes excellence in prevention and treatment for long-term oral health - a view that realizes the many dynamics involved in attaining health. Time is allotted to develop a relationship based on understanding and trust that fosters a learning environment, one resulting in health. A dentist with health-centered values may start out in a “remedial” type setting due to economic reasons, but won’t stay there long, as the philosophical mix would be painful as it would disallow self-expression if his inherent values.

For more on my philosophy of dentistry, see “About My Philosophy” on our website, www.rpmdentistry.com.

Team News

Presentations



Dr. McBride is presenting his monthly Thursday evening "Doc's Talks." We are excited about his talks because it offers a wonderful learning experience for our clients and also for us. His PowerPoint venue presentations answer a host of questions about dental health topics including: materials used in restoring teeth, Bioesthetic Dentistry, causes of head and neck pain, dental fear, preventive dentistry, nutrition and much more. We are happy to be able to help others learn more about our office and what it has to offer. The presentations provide quality time with referring dentists, existing clients and potential clients. We have a good opportunity to learn together and share ideas. It's a wonderful forum in a casual setting, and refreshments are served. If you or your friends would like to experience one of Dr. McBride’s informative presentations pertaining to the above subjects and more, please call Karen and she will put your name on the guest list. The schedule for our upcoming in-office 2005 presentations is: September 22, October 27 and December 1.

Seasonal

Drawings!



Congratulations to Ludmila Montoya for winning the 4th of July Drawing and to Nate Casida for winning the Summer Drawing! Be sure to get your name in for the Fall Drawing.



Please let us know what topics you would like to hear about in upcoming issues.