



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 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 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!

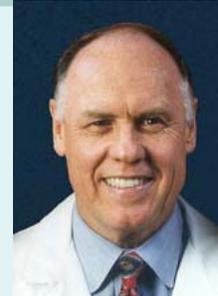


A Zero Sum Game?

Recent Centers for Disease Control studies have identified the percentage breakdown of various factors that determine a person's health:

- Personal Choices - 53%
- Environment - 19%
- Genetics - 18 %
- Doctor Recommendations - 10%

It is interesting to see that Doctor Recommendations is at the bottom of the list. Perhaps people are realizing that a doctors' recommendation may not be the healthiest of choices, such as relying solely on medications such as statins to reduce cholesterol or diuretics to lower blood pressure. I believe this is why approximately two thirds of the U.S. population is seeking alternate forms of health care. Since personal choice



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Quarterly Quote

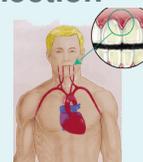
"Quality is never an accident; it is always the result of high intention, sincere effort, intelligent direction and skillful execution; it represents the wise choice of many alternatives."

William A. Foster

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**Dr. McBride
On The Go**

Mouth-Body Connection



By reservation only

WHO: Dr. Robert McBride

has risen to the top of the list, it is vitally important that people have access to proper information so they can make the right choices. In today's information age, I see a trend in my new patients being more informed about health than in the past. This I like, as it means that they are interested in their health, which is a crucial element in a quest for optimum dental health. However, I also see some patients that have found and believe in information accessed on the internet, some of which could actually be harmful to their health. So, I consider it my job as their dentist to assist them in these educational efforts. After 40 years of being a continual student as well as a teacher of dentistry, I have a good idea of what works and what doesn't. In other words, those people that make up the 53% 'Personal Choices' category need to be supported by valid and appropriate information from which to make proper health choices.

The very foundation of my Dental Wellness Center is based on patient education. Patients in my Wellness Center include so many that have had well over 30 years of continued good oral health-people who originally were in poor oral health with gum disease, missing teeth, migraines, head and neck pain, etc. Much of this success has to do with empowering the patient with information about their oral health and teaching them the habits for maintaining good oral health. It has been said that "rich people can't buy health and poor people can't have it given to them." I believe that true health is a process that starts with developing a trusting relationship, having as much to do with the patient's interest in becoming healthy as that of the doctor. I have a formula regarding health: *The state of health of a patient is directly proportional to their desire to become healthy and inversely proportional to the interest of the doctor in helping them get there.* In other words, if the doctor's interest in having the patient become healthy is more than that of the patient, the equation is compromised. Reciprocally, if the patients' interest in becoming healthy is greater than that of the doctor, the same compromise will occur. In fact, it really becomes a 'zero sum game,' meaning that both the patient and the doctor need to have an equal interest in the patients' health for there to be a truly successful outcome.

This is why my initial interview with new patients is so important. It allows for a discussion about mutual roles of the doctor/patient relationship in attaining optimal oral health and how this relates to other bodily systems. "How healthy do you really want to become?" is the central question from which a mutual game plan can be developed. After these

shares his view on Holistic Dentistry that is based on an understanding of how a healthy and attractive mouth looks and functions, and how it influences and is influenced by the rest of the body.

Dr. Morgan Rogers shares the Science of maximum athletic performance and body fat elimination. You will learn how you can take advantage of the same technology that the U.S. Navy Seals and other world elite athletes use.

WHEN: Wednesday, October 21st at 6pm(refreshments)
6:30 presentation

WHERE: Dental Wellness Center (5406 Village Road, Long Beach 90808)

RSVP:
562-421-3747
(seating limited)

HELP ANOTHER AND

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GREEN TEA MAY PROMOTE PERIODONTAL HEALTH

Routine consumption of green tea may help promote healthy teeth and gingivae(gums), researchers report in the March issue of Journal of Periodontology.

Investigators from Kyushu

mutual roles are determined and agreed upon, the next step is to perform a proper assessment. With every patient of my Dental Wellness Center, two very important dental health areas are assessed:

I - PERIODONTAL (GUM) HEALTH.

There are various stages of periodontal disease. Its relationship to bodily health continues to be supported almost daily by mounting research data. The same blood that goes through your gums goes through your entire body, including the heart. This fact certainly magnifies the need towards developing healthy gums. Keeping your teeth and gums healthy can increase life expectancy by 10 years or more. This is especially true for patients that are at increased risk of a heart attack, diabetes or are pregnant. Researchers have discovered an important connection between periodontal disease and heart disease, stroke, diabetes, pre-term low birth weight babies, cancers, Alzheimer's, respiratory disease, kidney disease and others. The oral systemic link between periodontal and general health remains very strong. The treatment of periodontal disease is influenced by several factors:

1. Patient attitude/interest in becoming healthy
2. General health
3. Actual stage of the disease
4. Oral bacterial plaque and its activity level
5. Genetic predisposition

Our assessment takes all of the above factors into consideration:

1. Patient attitude/interest

This is determined in the beginning interview appointment. Read "The First Appointment" and "The Dentist Interview" on our website, www.rpmdentistry.com

2. General health

- Review of patient medical and dental history
- Review of patient's family dental and health history

3. Actual stage of the disease

Measurement of the gum pockets and quantifying the areas that bleed when measured. We have a computerized gum measurement device that records and stores these values within your records. It delivers the same pressure (15 grams) at each gum measuring site for accuracy and comfort.

4. Oral bacterial type and activity Certain anaerobic (those not needing oxygen) oral plaque bacteria have been found in the inner lining of body and heart blood vessels.

- BANA test - Of the 500 or so different bacteria types found in the mouth,

University, Fukuoka, Japan, analyzed the periodontal health of 940 men and found that those who drank green tea regularly had periodontal health superior to that of subjects who consumed less green tea.

"It has [long] been speculated that green tea possesses a host of health benefits," said Yoshihiro Shimazaki, PhD, Department of Preventive Dentistry.

One dentist examined the men, aged 49 through 59 years, for three indicators of periodontal disease: periodontal pocket depth, clinical attachment loss and bleeding on probing. The researchers observed that for every cup of green tea consumed per day, a modest decrease occurred in all three indicators.

Green tea's ability to help reduce symptoms of periodontal disease may be due to the presence of the antioxidant catechin. Previous research has demonstrated antioxidants' ability to reduce inflammation in the body, and the indicators of periodontal disease measured in this study- pocket depth, clinical attachment loss and bleeding on probing- suggest the existence of an inflammatory response to periodontal bacteria in the

11 of them (all anaerobic) are quite unhealthy and dangerous not only for the gums, but systemically as well. If someone has bleeding upon gum measuring, the BANA test is done to see if 3 of the worst types of the 11 are present. If indicated, we also perform another bacterial test (Periodontal Pathogen Test) to determine whether any other of the 11 dangerous bacterial types are present.

- Phase microscopic plaque sample analysis. This shows bacteria types and amounts, as well as their activity level.

5. Genetic predisposition

- We use the Periodontal Susceptibility test in severe cases of periodontal disease. It measures the presence of IL- β , which, if present, results in an exaggerated response to oral bacteria, thereby predisposing a person to develop severe chronic periodontal disease.

- Review of patient's family dental and health history.

II - FUNCTIONAL HEALTH OF THE CHEWING SYSTEM

This assessment is overlooked in most traditional dental practices. It is the manner in which the teeth of the upper and lower jaws relate to each other, and their functional relationship with the jaw joints (TMJ's) and surrounding structures, i.e., muscles, ligaments, nerves and blood vessels. An understanding of how the mouth operates within healthy oral systems compared to those with signs and symptoms such as teeth wear, migraines, head and neck pain, vertigo (balance problems) and tinnitus (ringing in the ears) is very important. The Dental Wellness Center uses the principles of Bioesthetics (read "Cosmetics and Bioesthetics" on our website, www.rpmdentistry.com.) in the diagnosis and treatment of these problems. As a dentist trained in Bioesthetics, I understand how a healthy mouth looks and functions and through this knowledge can assist my patients to develop healthy function and appearance using the healthy model as the guideline, or template.

The Dental Wellness Center offers the most comprehensive array of services as it looks at the bigger picture of the mouth body connection through periodontal health assessment along with Bioesthetic evaluation with an emphasis on patient education. Together we can meet your dental needs so that you can enjoy better dental and overall health for many years to come.



ORAL BACTERIA LINKED TO OBESITY

mouth.

By interfering with the body's inflammatory response to periodontal bacteria, green tea may promote periodontal health and ward off further disease.

SUMMER BASKET WINNER:



CONGRATULATIONS!

Our winner was Christina Haugen who has been a patient of ours for 16 years and her husband Dennis (above) has been a patient of ours for 10 years. He was thrilled to be able to pick up the basket for his wife...I'm sure they'll both enjoy!

Our Centenarian

The results of research published in the June issue of Journal of Dental Research suggests that oral bacteria may contribute to the development of obesity.

Owing to concern about the increasing prevalence of overweight people, researchers at The Forsyth Institute, Boston, and Piracicaba Dental School, State University of Campinas, Piracicaba, Sao Paulo, Brazil, conducted a study that focused on the possible role of oral bacteria as a direct contributor to obesity.

The study's researchers, led by Dr. J. Max Goodson, director of clinical research at The Forsyth Institute and an associate clinical professor of Periodontology at the Harvard School of Dental Medicine, Boston, collected saliva from 313 overweight women (those with a body mass index between 27 and 32). They identified and enumerated bacterial populations in the participants' saliva samples by means of a DNA probe analysis, and they compared the levels with data from a control group of 232 healthy men and women, who also were control participants in periodontal disease studies.

Researchers found that the median percentage difference of seven of the 40 bacterial species they measured was greater than 2 percent in the saliva of the overweight women. They also found that 98.4 percent of the overweight women could be identified by the presence of a single bacterial species (*Selenomonas noxia*) at levels greater than 1.05 percent of the total salivary bacteria. The results of the researchers' analysis of these data suggest that the composition of salivary bacteria changes in overweight women.

Researchers conclude that it seems likely that these bacterial species could serve as biological indicators of a developing overweight condition. Future research will investigate the role oral bacteria plays in the pathology that leads to obesity.

Waltham, Mass., and the National Institute of Dental and Craniofacial Research at the National Institutes of Health, Bethesda, Md.



Simple Ways to Prevent Sinusitis

When is a cold not a cold? When it's sinusitis, that pesky condition when the sinuses and nasal passages become infected, leading to bacteria or viruses becoming



A few weeks ago one of my patients drove to my office to have a crown placed. She is a very fastidious person in that she takes good care of herself, keeps active and does a lot of traveling. It is always a delight to see **Vera Enquist**, who has been a patient of ours for almost 40 years-and is proud to have a healthy mouth and all her teeth! She celebrates her **100th** birthday on September 30th. Congratulations Vera and keep smiling!

SUCCESS STORY



I crossed paths with Dr. McBride & his team in late 2004. In an act of synchronicity, an existing patient of his, also a friend of mine, gave me a brochure from his office. I was initially drawn to the positive values articulated

trapped in an unhealthy glob of mucus.

Left to its own devices, the germs grow out of control and result in swelling, which in turn can cause facial pain and headaches, a build up of mucus that produces congestion, and a thickening and tinting of the mucus when white blood cells are dispatched to fight the infection.

But relief of this common infection can be had with several relatively easy treatments ranging from daily bathing of nasal passages and good hydration to inhaling steam, according to a report in a recent issue in the Harvard Women's Health Watch.

Using a small pot or squeeze device daily, irrigate the nasal passages, which help moisten mucus membranes and clears excess mucus. Staying hydrated keeps mucus loose and thin. Lingering in a hot shower may also help. Another option is to pour boiling water into a pan and hovering over it while covering one's head with a towel. Inhaling the steam helps moisten the nasal passages.



Thumb Sucking and Pacifier Use

Like many parents, you may be concerned about your child's thumb sucking, finger sucking or pacifier use. You may wonder, if it is harmful, at what age it should stop or what could happen if your child does not stop.

You can rest assured that sucking is one of an infant's natural reflexes. They begin to suck on their thumbs or other fingers while they are in the womb. Infants and young children may suck on thumbs, other fingers, pacifiers or other objects. It makes them feel secure and happy, and it helps them learn about their world.

Placing a thumb or another finger in the mouth provides some children with a sense of security during difficult periods, such as when they are separated from their parents, surrounded by strangers or in an unfamiliar environment. Since thumb sucking is relaxing, it also may help induce sleep. For this reason, young children may suck their thumbs in the evening or at other times when they are tired.

Prolonged thumb sucking may cause problems with the proper

in the piece, and read on to learn that Doctor not only knew about jaw (TMJ) dysfunction as a medical condition, but he was actively educating people about the source of the condition, and could diagnose and enable treatment, as well.

Wouldn't you know that I had been putting the pieces together about my own experience with migraine headaches, converging toward TMJ as a next step of exploration, and was called forward -- from a place inside that just knows what to do, and that's the best way I can describe it-to meet with Doctor McBride in person.

With skillful diagnosis that was truly holistic in nature, we came to understand not only the nature of my jaw dysfunction but also the breadth of its impact on my overall well-being. I can say honestly that the work I did with Dr. McBride's enthusiastic leadership & guidance has changed my life. Before meeting Doctor, I had mistakenly come to believe that being in chronic pain was "normal" for me. Through proper treatment of my TMJ condition, I experienced marked improvements in both frequency and magnitude of headaches (in fact these days I go months without one-a life-altering

growth of the mouth and the alignment of teeth. It also can cause changes in the roof of the mouth.

Children who rest their thumbs passively in their mouths are less likely to experience difficulty than those who vigorously suck their thumbs. When an active thumb sucker removes his or her thumb from the mouth, a popping sound often is heard. Some aggressive thumb suckers may cause problems with their primary (baby) teeth.

BREAKING THE HABIT

Pacifiers can affect the teeth in essentially the same way as does sucking on fingers and thumbs.

However, pacifier use often is an easier habit to break. If you offer an infant a pacifier, use a clean one. Never dip a pacifier in sugar, honey or other sweeteners before giving it to an infant.

Most children stop sucking their thumbs or other fingers on their own between the ages of 2 and 4 years. The behavior lessens gradually during this period, as children spend more of their waking hours exploring their surroundings. Peer pressure also causes many school-aged children to stop placing their fingers in their mouths.

If a child does not stop on his or her own, parents should discourage the habit after age 4 years. However, excessive pressure to stop can do more harm than good.

THINGS TO CONSIDER

- Instead of scolding the child for thumb sucking, offer praise for not doing so.
- Children often suck their fingers when feeling insecure. Focus on correcting the cause of the anxiety and comfort the child.
- Reward the child when he or she avoids thumb sucking during a difficult period, such as being separated from family members.

Here at the office, we can encourage the child to stop sucking his or her thumb and explain what could happen to the teeth if it continues.

If these approaches do not work, remind your child of the habit by bandaging the thumb or putting a sock over the hand at night. If the thumb sucking persists, talk to your child's dentist or pediatrician. He or she can prescribe a mouth appliance or a medication with which to coat the thumb to prevent the thumb sucking.



TEAM NEWS

Can you believe the Holidays are upon us? We say that every year, but we always enjoy each season and are thankful for all the wonderful people we have in our life. It makes it a joy to come to work knowing we'll see smiling faces. We appreciate it when you invite your family and friends to be part of our Dental Wellness family (the best compliment to give). We have continued to spread Oral Health awareness (Long Beach Community Hospital, St.

improvement versus what had become many headaches each day). Other healthcare providers continue to remark about the positive way in which my total body has benefited from the work done in my mouth-my spine stays better aligned & is more flexible, my muscles are more supple, I awake more rested, I experience less sinus congestion, and my body is rescued from the constant intervention of chemical prescriptions as a means to achieve freedom from pain.

If near elimination of debilitating migraine headaches and all that other good stuff was not enough, I now have a mouth full of healthy, properly functioning -- and dare I say beautiful !!-- teeth that will last me the rest of my life.

I hold in high regard the collaborative nature of Dr. McBride's practice, and in our relationship I appreciate the space that is available for my role in my own recovery. It's a deeply empowering way of being with a care provider. If you are called to connect with Dr. McBride I encourage you to do so. In my case, it turned out to be a gift that keeps giving!
by Collete P.

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Mary's Hospital, Long Beach Memorial Hospital, the American Diabetes Expo), and the many Mouth-Body presentations here in the office. We strive to help and create healthy oral systems. Our team at Dr. McBride's Dental Wellness Center is committed to bringing you the finest in patient care as well as customer service. We are proud to be one of the few Centers for Dental Medicine in the country. We continue to be on the leading edge and to offer more so we can all live a long and healthy life!



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