



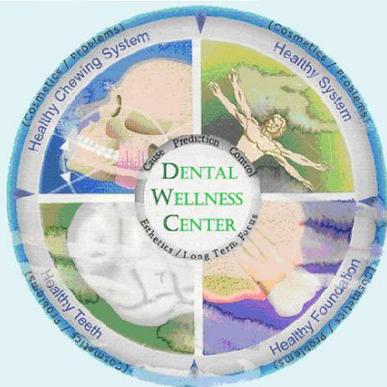
Winter 2009

Note from Doc

"Winter is on my head, but eternal spring is in my heart."

Victor Hugo

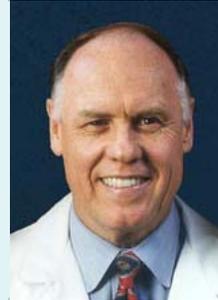
Of all the seasons, winter seems to possess the most distinctive of personalities, even in California where they are somewhat seamless. For me, winter is a mixed time of holidays, family, friends and also a time for planning on how I'm going to make the coming year even more distinctive than the last. 2009 has been a year of continued growth for the Dental Wellness Center as we have invested in new technology and improved procedures to support our philosophy of enlightening and improving the health of our patients for the coming year!



Treat symptoms or Diagnose Systems

There is a vast difference between treating symptoms, which are the results of disease, and diagnosing systems - discovering the causes of disease. One of the biggest joys I have in life is working with patients who want to become healthier and enter a co-learning process with me. We become partners, in that they soon understand what our mutual roles will be in their becoming healthier. They become active participants in

Issue: 4



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Note From Doc

[Treat Symptoms or Diagnose Systems](#)

[Cancer fear over alcohol in mouthwashes](#)

[Team News](#)

[Success Story](#)

[Dr. McBride ON THE GO](#)

[Article Headline](#)

Quarterly Quote

"We have all drunk from wells we did not dig, and have been warmed by fires we did not build."

Author Unknown

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SUCCESS STORY



I've had dentures for a very

their diagnosis, prevention, and treatment processes and soon discover how important their oral health is to their overall health and that this discovery could be a life changing event.

I have spent countless hours throughout the last 35 years studying far above the norm to become the best dentist I can be. This learning adventure has been joyful, insightful, laborious and satisfying - but I will never be completely satisfied as long as there is more to learn. I have had mentors along the way that have taught me how a healthy mouth appears and functions as a system, and how an unhealthy one will breed continual dental problems as well as negatively impact the state of one's systemic health. Realizing this, I cannot just treat the effects of dental disease without first addressing the cause and then teaching the patient what their responsibility is in the oral health equation. I believe that patient education is vitally important...the word doctor means teacher. Therefore, I have made a commitment to spending adequate time in the beginning of the new patient experience to first learn about them, and then provide them with the information that they need to make an informed choice about their dental care.

I have found that most new dental patients are seeking remedies for problems such as tooth decay, gum disease and improvement in chewing ability and appearance. Historically dentists have satisfied these needs by filling, crowning and cleaning teeth, providing whitening procedures, veneers, porcelain crowns and implants to replace teeth. Today, this continues to be the modus operandi of most practicing dentists. I do all of the above, however in a more calculated and holistic manner. I perform a complete oral examination not just to discover "how many cavities or gum pockets patients have," or "how I can replace your missing teeth with implants," or how "six or eight veneers on front teeth can solve your appearance problems," but in so doing, I offer a thorough diagnosis of the entire oral system. After years of being a student, a teacher, and a practicing dentist I know how a stable and attractive mouth should appear and function as a healthy system, therefore I cannot just jump in and fix problems that could be the result of a system not being in harmony. I want to first take my patient along with me throughout the diagnostic process to learn about and correct the cause(s), I want to know the answers to a number of questions such as: Why are teeth crooked or worn? Why is there jaw joint noise and pain? Could neck, head aches and migraines be the result of an oral system being out of balance? Could broken teeth be the result of their not meeting properly? Could bleeding gums be causing a systemic health risk? These are all questions that need to be considered prior to performing any treatment, excepting of course for pain and social (appearance) emergencies. It is the difference between continuing down a path of reacting to the effects of dental disease, or being proactive in first determining their causes - the difference between treating symptoms and diagnosing systems.

I believe that my background and experience obligates me to teach my patients about the causes of their dental problems rather than have them continue along a lifetime cycle of repair and replacement. My role is similar to a mountain climbing guide who would offer the proper knowledge and equipment to get to the top. Dental patients can also get to the top if they have as much interest in their health as I do and understand the importance of working together as a team. When dental treatment is diagnosed correctly, planned carefully and performed properly with a holistic approach that considers the entire oral system, it can be one of the best investments made as it can offer a lifetime of oral and improved systemic health!

My in-office "Doc Talks" represent my commitment to teach, remembering at all times that the word Doctor means "Teacher." I offer

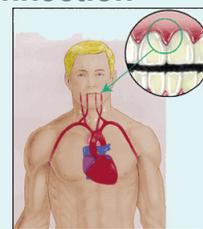
long time, and know that not every dentist is skilled at making dentures. I also know that poor fitting dentures can affect a person physically, mentally and emotionally. (Trust me, losing your teeth is very emotional.) I've had poor fitting dentures in the past but thankfully Dr. McBride was recommended to me by someone I trust and came to my rescue.

The dentures Dr. McBride made me are beautiful, look natural, and fit perfectly. Of course, it can take a few visits to insure they fit properly and there are no sore spots. Dr. McBride made sure he was available to make adjustments even on weekends. Thank you Dr. McBride. I recommend you to all my friends.

Beverly H.

Doc's Talks

Mouth-Body Connection



By reservation only

WHO: Dr. Robert McBride 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

information that will help individuals understand how the mouth functions as a system and why their oral health has an influence over their overall physical health.



Cancer fear over the alcohol in mouthwashes

Mouthwashes containing alcohol may cause oral cancer and dentists should advise patients against using them, claim experts. The alcohol is also said to cause burning, dryness and mouth pain. Some mouthwashes are up to 26 per cent proof but the alcohol offers no benefits to consumers, according to research published in this month's British Dental Journal.

As a result dentists should recommend alcohol-free alternatives say Professor Robin Seymour and clinical lecturer Dr Carlos Werner, of Newcastle University.

Professor Seymour, a professor of restorative dentistry, said they had examined conflicting evidence from studies into the link between regular use of mouthwashes containing alcohol and oral cancer. He said: 'The evidence shows an association that we should take seriously because oral cancer is a significant disease that has been rising over the last ten years, especially among younger people. My big concern is that people who smoke and drink heavily could be adding another risk factor when they use these kind of mouthwashes regularly.'

Professor Seymour related that laboratory studies showed alcohol facilitated the penetration of cancer-causing substances in tobacco into the soft tissue of the mouth. 'In addition to the possible risk of oral cancer, alcohol-containing mouthwashes are also reported to have other adverse effects on oral structures and functions,' he said. Oral cancer is diagnosed in 5,000 each year and causes 1,600 deaths.

Alcohol is added to mouthwash not to destroy bacteria, but to act as a carrier agent for essential active ingredients such as menthol, eucalyptol and thymol which help to penetrate plaque.

Professor Seymour said: 'We're not against using a mouthwash, what we're saying is alternatives exist and it would be prudent for dentists to recommend using them.' An influential review in the Dental Journal of Australia has said there was 'sufficient evidence' of the link to make them prescription only. But the finding conflicted with a second review which said the link was 'not supported' by

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: Thursday, January 28th at 6pm(refreshments) 6:30 presentation

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

RSVP: 562-421-3747 (seating limited)

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FALL BASKET WINNER:

CONGRATULATIONS to Caroline Dopplick, winner of the Fall Basket!!



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epidemiological evidence. The British Dental Association's Health and Science Committee concluded in March that there was no strong evidence to prove a link between the two.

The Dental Wellness Center has been advising against using alcohol containing mouth rinses since its inception. There are many other more effective and non-irritating solutions available in our office.



For more information go to:
www.rpmdentistry.com





TEAM NEWS

It is a special time of the year where family and friends get together and celebrate the Holidays and New Year. We thought it would be fun to share some of our own family Holiday traditions with you.

Karen Chitwood: I have fond memories of sitting at my grandmother's kitchen table and helping her make Christmas cookies by the dozens. Cut outs, snowballs, Spritz, chocolate, spice and candy canes. The bright frosting and sprinkles everywhere, the delicious smells and the cozy kitchen are warm fuzzy feelings locked in my heart. We have continued the tradition with my mother, my daughter and my grandchildren. We get together one Saturday in December and stir, mix, bake, laugh, eat and create cookie marvels. There's nothing like seeing a little one's happy smiles and eyes lit up with wonder over a frosted delight they've created themselves. As I look upon their noses dusted with flour and eyelash tips sparkling with powdered sugar, my heart melts and I realized how blessed I am. May your holidays be filled with traditions that bring friends and family together and may you recall the fond remembrances of days past. Merry Christmas.

Leanne Sabo: I remember as a little girl how excited I was to wake up on Christmas morning and finding Santa's footprints from the fireplace ashes, an empty glass of milk and only crumbs left from the cookies we had baked for Santa. I continue this tradition even though my boys are now 15 and 18. I also enjoy the Christmas lights, picking out just the right tree and being with friends and family for Holiday celebrations. I feel blessed to have my health and so many people in my life that care. This gives me the strength to do for others. I look forward to the New Year!

Timbrey Lind: One thing I love about Christmas is the time spent with my family. One tradition I love that we do on Christmas Eve is getting together (all six of us) and we read the story of the birth of Jesus out of the Bible. We all take turns reading and then have a little conversation about it afterwards. It's fun because my family is full of jokesters so we will start on a serious subject and then escalate to embarrassing stories and we all laugh hysterically. Then we will all open one gift given from each other. This is a tradition I hope to continue when I start my own family.

Dr. Robert McBride and team wish you all a safe and Happy Holiday and may you continue to enjoy your own Family traditions or maybe it's the year to start new ones! Let's all move forward and bring upbeat trends in 2010!