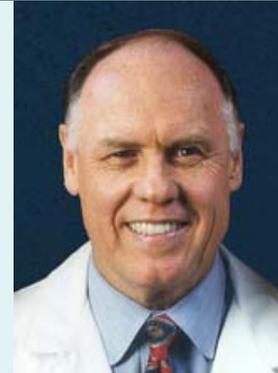




Note from DOC



Spring has definitely sprung. We're delighted that Spring has graced us with its presence here at The Dental Wellness Center. We are happy to be nearing the end of our office refurbishment with all new wall colors, flooring and window treatment, along with new technologies such as digital x-rays, paperless records and several new health assessment technologies and protocols!



TOPICS:

[FEATURED ARTICLE](#)

[TEAM NEWS - WHAT'S NEW](#)

[TESTIMONIALS](#)

[DR. MCBRIDE'S NEXT PRESENTATION](#)

[THERMOGRAPHY -SAFE-NON INVASIVE BODY IMAGING](#)

QUARTERLY QUOTE

"Spring is when you feel like whistling even with a shoe full of slush."

Doug Larson

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Compari



ng

**Traditional
and
Holistic**



TESTIMONIALS

"Wonderful Dr. McBride not only provides great dentistry but he also makes sure

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 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

the patient is well informed about the procedures being done. He communicates throughout the procedure what is going to happen. As a "nervous" patient he puts me at ease and makes the process much easier for me. Thank you Dr. McBride."

-Anonymous

"I loved my first appointment. I wish I had discovered this place a long time ago."

-Diane C.

"I've been a patient for over 30 years. The office staff and all work staff are professional and pleasant. The work is wonderful and lasts a life-time. The chair experience was comfortable especially considering the amount of work done on my tooth."

-Deborah S.

"I appreciate all staff members and the dentist for listening to my concerns about dental care."

-Millicent B.

"The dental hygienist did an excellent job and provided techniques to reach difficult to clean

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.
- 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.

areas."

-Roger J.

"Dr. McBride and his team are exceptional."

-Julia G.

"Excellent service as always."

-Brian M.

"Great service. Always on time. Much appreciated."

-Edward M.

"Dr. McBride is amazingly kind, caring and dedicated. He inspires trust and confidence and I highly recommend him as an exceptional professional."

-Diane K.

"Appreciate the skill of the dental hygienist. My goal is to maintain the health of my teeth and with the help of Dr. McBride's office, I've been able to do that for 12+ years."

-Elaine M.

"Professional services rendered with outstanding results."

-Harry M.

"Always takes the extra step. Extremely thorough"

-Ernest W.

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 ensues, 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.

**"Always a pleasant
experience."
-Michael T.**

SPRING ahead at the Dental Wellness Center



Janell - Hygienist
Gina - Dental Assistant/Patient Coordinator
Dr. McBride
Leanne - Marketing/Office Manager
Cindy - Bookkeeper
Rachel - Dental Assistant

Spring is to renew and refresh. We are so grateful to

work in an environment that feels like home. Our new painted walls and floors(carpet on the way) make it fresh and lively. We love that when our patients come to their dental appointments they see and feel the comfort of our dental home. We all love what we do and enjoy being of service to all our wonderful patients.

Here are a few new services we now provide to our patients:

1- *Oravital*

A system for Bad Breath/Periodontal Disease and Oral Infection.

"a healthy mouth for a healthy body"

2 - **Full Breath Soution**

A technology to treat Snoring and Sleep Apnea that that delivers non-forced oxygen and is is more toleraable than CPAP.

"sleep better feel better"

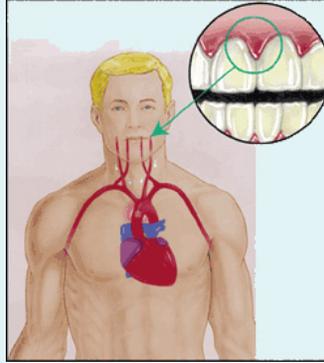
Like us on **Facebook** 

Follow us on **twitter**

View our videos on **You Tube**

View our profile on **Linked in**

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; head/neck pain, vertigo, mercury/amalgam fillings, inflammation, Alkalinity, diabetes, etc.)

PRESENTATION TESTIMONIAL:
"Thank you for your focus on finding root causes, prevention, and education of patients. I am a holistic nutritionist and I am glad to have a great holistic-minded dentist to whom I can refer clients. I am looking for a new dentist myself!" -Lynda B.

WHEN:
Tuesday,

March 31st 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, March 21st
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
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Leanne Sabo
Dr. McBrides Office

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