



# Dental Wellness Center

SUMMER 2012

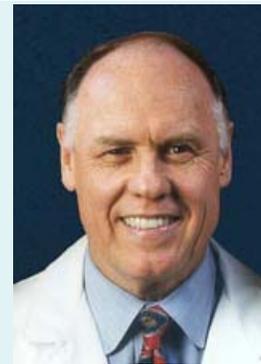
Issue: 13

## SUMMERTIME



### Note From Doc

How about that - we just got to Spring and it's already Summer. What I've discovered through the years is that although seasons may change, the climate within the Wellness Center is always warm and sunny - that's because of the great team I work with that makes it that way all year long!



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### QUARTERLY QUOTE

"You must be the change you wish to see in the world."

*-Mahatma Gandhi*



### Developing a Health-Centered Periodontal Program

Through the years I have come to realize that attaining and maintaining physical health can be a very complex matter, and that goes for periodontal health as well. It is becoming more recognized that the state of health of the

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### TESTIMONIALS

"After years with TMJ, I am now back on track in my life!"

"Dr. McBride has explained to

health as well. It is becoming more recognized that the state of health of the gums and bony supportive foundation of the teeth is a gauge of a person's general health, and that a reciprocal relationship also exists in that the health of the gums can affect the state of one's general health as well. The gums reside within the mouth which is an organ that is the entry point of the digestive system. Understanding this, a health-centered approach to dealing with gum disease can involve more than the removal of bacterial plaque and calculus, as important as these procedures are.

The difference between a health-centered and traditional, mechanical approach to periodontal health care begins with the basic philosophy towards the initial assessment, diagnosis and treatment of the gums. Traditional periodontal disease assessment is solely mechanistic based upon measuring sulcus/pocket depths and amount and type of bleeding that results from the measuring process. Bacterial plaque colonization and subsequent calculus formation are recognized as primary causes in the local inflammatory process, and treatment procedures are based upon the removal of plaque and calculus via periodic cleanings, deep scalings and surgical procedures to gain access to calculus in bone damaged areas. Preventive measures center around antibacterial rinses and "OHI," or Oral Health Instructions, the all-important teaching part, which is such a critical piece of the periodontal health care equation, and yet seems to be the weakest link in many cases in traditional dental practices.

The reason for this goes back to how dentists and hygienists are selected and trained to begin with. Most all dentists and their Dental Associations and Academies proclaim that patient education is all-important in developing oral health. The rub is that neither dentists nor hygienists are selected for entry into their respective schools based upon any innate teaching ability, nor are they trained to teach while in school. If they are to become effective patient teachers, it is up to the individual to seek out such training later on, based on their own value system and desire to do so. This is demonstrated well by a question I ask at my oral health presentations. At an appropriate time, I ask the attendees - which can range from an audience size of 12 to over 300 - "How many of you have ever had a dentist or hygienist have you demonstrate to them how you take care of your teeth and gums?" Rarely does a hand go up - maybe one or two with larger audiences. Ask any dentist if most of their patients do an optimum job of daily self care and an honest answer would be "NO." Truth is, patients have never really been taught, because the practitioner as never really been taught to teach!

Add to this the fact that insurance-based dentistry excludes preventive teaching benefits, and its fee structure disregards the uniqueness of each person's condition. This fosters dentist and hygienist time narrowed down to "cleaning teeth," rather than including much-needed coaching and instruction time. Periodontal health care in most traditional dental practices is reflective of these limitations and compounding it more, the increasing realization of the relationship between periodontal disease and overall health places a much larger responsibility on the dental office to make time for patient enlightenment and effective skill learning.

A health-centered approach to periodontal disease realizes this increasing degree of responsibility placed onto the hygiene arm of a dental practice in education, prevention and treatment. I became aware of the differences in patients' oral environments decades ago when I started using phase microscopy as a means of discovering the relative health of a patient's plaque which directly relates to the state of their periodontal disease. It became a learning opportunity for both myself and the patient as well as a motivating opportunity for the patient. It is still a great satisfaction to behold the reaction as both children and adults see the actual bacteria that live in a tiny speck of their plaque. I discovered back then that no two plaque samples were alike, and through the years have added other assessments that show even more the

importance of his working relationship with his patients. He is a communicator and a listener of the highest quality. This has allowed me to become comfortable and confident with going to his office. Step by step, he has taken care of the details of my problems with TMJ. With this long-standing problem behind me, I am now back on track in my life. I can assure you, your dental needs will be met with Dr. McBride."

McBride."

*-Mary S.*

### **"Want to keep your teeth FOREVER?"**

"For me, going to Dr. McBride makes me feel like going to a wellness center where I'm being assessed at how healthy is my body from the perspective of how healthy are my teeth and gums.

Love the dental hygiene checkups, always an important necessity to make sure I'm aware of any gum issues. Thank you Dr. McBride!"

*-Ana Marie E..*

### **"Great Urgent Care"**

"Dr. McBride's up-to-date knowledge on advanced treatment saved my broken tooth from extensive surgery. Thanks, Doc, and to everyone in the office!"

*-Edward G.*

### **"Dental Appointments"**

"The oral examination was very thorough. It was my first experience of having my plaque examined under a Phase Microscope(I am a retired dentist). My bite was rebalanced and some preventive restorations were placed. Both visits were very comfortable. Dr. McBride is one of the best dentists in the country."

*-Ron S.*

### **"BOND JOB"**

"I walked in at 2:26 for a 2:30 appointment, and I was out the door by 3:05. Pleasant, painless, and expert work."

*-Susan M.*

## **Doc's Talks**

and through the years have added other assessments that show even more the uniqueness of oral bacteria from patient to patient. As I was learning the uniqueness of each patient's periodontal condition, it was becoming quite apparent that it is definitely not a singular disease.

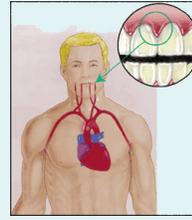
An unhealthy bacterial environment in the mouth can harbor bacteria that enter into the blood stream and influence one's general health. Also, the inflammation from periodontal disease can dramatically increase the inflammatory burden of the entire body which has an influence on many diseases such as diabetes, heart disease and strokes. One plaque assessment, the BANA incubation test, can discern whether a patient has plaque containing three of the most potent disease bacteria that have been discovered in other areas of the body as well, having gained entry through the gums. We also utilize salivary diagnostic tests that identify the type and concentration of specific bacterial pathogens known to cause periodontal disease. These tests support the hygienist through individualized risk assessment as well as personalized treatment options for more predictable outcomes. If needed, further testing allows for identification of individual genetic susceptibility to periodontal disease and enables the hygienist to establish which patients are at increased risk for more severe periodontal infections due to an exaggerated immune response.

A larger role for dental practices is developing from the simple concept of cleaning teeth and maintaining pleasant breath, to a growing realization of the magnitude of the relationship between the health of the gums and one's general health and longevity. Our health-centered approach to periodontal health development realizes this important connection and offers an educational process that includes periodontal disease assessments from which both hygienist and patient discover the uniqueness of each patient's periodontal condition.

In other words, we take the time needed to get to know you and your unique oral condition, and to give you the education and tools to maintain your oral health.

Through this process, a healthy relationship develops between the hygienist and the patient that discloses the mutual responsibilities wherein goals are co-developed leading to optimum periodontal health. A health-centered dental practice realizes the uniqueness of each patient's state of oral health and utilizes time and diagnostic tools to define that uniqueness. These tools let the hygienist have the needed information to deal with periodontal disease in a manner that is specific to the individual with predictable long-term outcomes - a far cry from just "cleaning teeth."

## "Mouth-Body Connection"



By reservation only

**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, diabetes, etc.)

**WHEN:** Wednesday, July 18th, 6:30 - 7pm networking. Presentation starts at 7:00pm

**WHERE:** The Living Temple  
15061 Goldenwest St.  
Huntington Beach 92647

**RSVP:** 562-421-3747  
(seating limited)

[Click here to Register](#)

### HELP ANOTHER AND

 [Forward to a Friend](#)

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

Come visit the Dental Wellness Center and say hi to "Buddy"

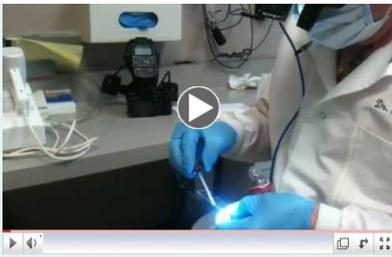
"Creatures in my mouth".



WELCOME  
OUR NEW  
HYGIENIST!

It is a privilege to introduce myself as Dr. McBride's Dental Hygienist, Valeria Moran. Like Dr. McBride, I am very passionate about dentistry and educating my patients to follow a path towards optimal oral and overall health.

Being a part of his Dental Wellness Center has exposed me to treatment regimens that are



Creatures in Mouth

## THE ICE TEST

It is a fact that 50% of the U.S. population stays away from the dentist on a regular basis. During their initial interviews, several of my new patients state that fear of pain both during anesthetic injections as well as during treatment are the main reasons that they have stayed away from having proper dental care. Although



techniques have been developed that allow a dentist to give a painless injection, many new patients express apprehension from experiences of having had discomfort *during* treatment - even though the teeth and surrounding area felt

numb after the injection. It is true that a carefully administered dental anesthesia injection can be painless, but there is absolutely no way of knowing whether a tooth is fully anesthetized even with the classic numb feeling of the lip, tongue, cheek and jaw. If the tooth is presumed to be numb based upon those signs and treatment is started, there can sometimes be a big surprise when a tooth is found not to be numb - both to the patient and dentist! A trick that I discovered several years ago lets a patient be assured of a completely comfortable dental experience. After a painless injection and the classic surrounding area numbness occurs, the trick is that of using ice placed on the root area of the tooth or teeth to be treated. A completely numb tooth won't feel the ice whereas a tooth that is not totally numb will perceive the cold even if everything else in the area is asleep. If the ice is felt, we either wait a little longer for the anesthetic to set in more, and occasionally administer a little more anesthetic if needed. We have a nearby freezer stocked with several "toothsicles" ready to use prior to starting treatment. This is a confidence builder to say the least, and along with being able to provide dental treatment without discomfort from start through finish, it is gratifying to observe signs of patient comfort such as relaxed hands not clutched to the chair and not uncommonly, some occasional snoring as well!

### Vera Enquist one of Dr. McBride's first patients



Vera will be turning 103 this year and still drives her white Buick Regal to her dental appointments! Her smile and laughter over the past 40 years have been with her at every visit. Vera grew up on a farm in her hometown of Holdrege, Nebraska. She has lived in Lakewood since the early 60's as a retired Major. Vera was a Second Lieutenant in the Army as a nurse during post-war Germany, Japan and Okinawa. Vera served her country proudly while caring for our soldiers. We love serving Vera in her dental health and well being!

to treatment regimens that are innovative, thorough, and health centered. We both recognize the importance of the oral-systemic connection - how bacteria in the mouth can influence one's general health - and my aim is to further developing this approach through comprehensive patient assessment followed by appropriate preventive and treatment regimens.

After 11 years of practicing as a registered dental assistant, I decided to further my career by attending West Coast University's Dental Hygiene program, to attain a Bachelor degree in Science. I graduated in August 2011 with honors, and the experience as a whole was stimulating, strenuous, and fulfilling.

My husband Ati and I are originally from San Diego and we love spending time with our dog, Chuy. Collecting vinyl records and enjoying live music is one of my great pleasures, as well as riding my bicycle, traveling, and crafting.

I look forward to growing with this practice, and I feel fortunate to work with such a lovely staff.

### We Love Our Family Time:



McBride family: Julene, Brian, Leanne, Bob, Karen and Darren at Joe Jost's.



Leanne, Sean, Derek and Rudy Sabo.



 Forward to a Friend

*"There is no finer gift than the referral of your friends and family."*



Brandon, Joey, Joe and KC Gomez.



Valeria, Chuy, and Ati Moran.



Barbara and Steve Tomasek

Like us on **Facebook** 

Follow us on **twitter**

View our videos on **You Tube**

View our profile on **Linked in**



# ZOOM

## YOUR SMILE!!

KC here, Dr McBride's assistant and I just wanted to tell everyone about the ZOOM teeth whitening that we do in our office! With summer approaching and with upcoming graduations and weddings, this is often a good time to think about your beautiful smile and those pearly whites, especially if you feel they are not looking so pearly white!

With just a couple of appointments we can brighten your smile and make them look great! The first step is taking some fast setting impressions of your teeth which from I fabricate custom whitening trays to fit over your teeth. These will be worn usually at night for 3-4 days while sleeping or for 3-4 hours during the day. This helps to get the teeth ready for the ZOOM process. The next step is the in-office appointment for the ZOOM whitening process. This appointment runs about one hour, and consists of three 15 minute sessions with the ZOOM whitening gel and special light to complete the process.(A great time to bring your Ipod or just relax.) So far, all of the patients I have treated with the Zoom whitening process are very happy with their results and report little - if any - sensitivity!

Next time you're in our office let us know if this sounds like something you may be interested in doing. Or better yet, give us a call and let's make an appointment!

**Save  
\$100**

This Summer have whiter, healthier looking teeth!!  
Save \$100 on a bleach treatment. Only \$450(usually \$550)  
for the in office Zoom process(includes the NiteWhite trays) or  
\$350(usually \$450) for the NiteWhite process from home.

Share this offer with your family and friends!  Forward to a Friend

Offer Expires: August 31, 2012