

# DENTAL WELLNESS\* NEWSLETTER

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**Note from Doc** Spring time is a time of renewal. It is also a good time for our dental team to renew its commitment to maintaining and improving our service. We will be taking a full day in March to review our past and outline our future. We are here to serve you and want to offer the finest dental care possible. In order to do this we are constantly, as Stephen Covey states, "Sharpening the Saw." This retreat will give us time for candid out-of-the-workplace communication that gets to the core of why we are in business.

*Dr. McBride*

## SOME VITAL STATISTICS

Have you ever felt like you were at the right place at the right time? I have had this experience many times in my life personally and professionally. One of my professional highlights was meeting a dentist, Dr. Robert Lee. He was a founding member of an ongoing seminar called the "Orthognathic Seminar" that I joined in the late 70's. It focused on the growth and development of the teeth and jaws, and how to intercept and correct problems in these areas. We had visiting specialists lecture in the morning, and treated our patients with this type of care in the afternoon.

As a biologist prior to becoming a dentist, Dr. Lee was both curious and fascinated while researching people of all ages, some well into their 80's and 90's who had very little tooth wear, and no jaw joint problems or head and neck pain. He discovered without exception, that they all shared common attributes that contributed to their dental health. He also found that most of these people had had very little dental treatment. These attributes are now well defined, and are the basis of the term he coined, "Bioesthetics," which is "the study or theory of the beauty of living things in their natural forms and function." The wonderful aspect of his discoveries, is that through his defining these attributes of dental health, we can employ them as a template in the diagnosis, prevention and treatment of dental disease.

Dr. Lee also developed instruments that assist the Bioesthetic dentist in diagnosis and treatment. They provide a learning process for both the dentist and patient. I have always felt that emphasis be placed on diagnosing and discovery as to the cause of dental disease, rather than just repairing their results, which is the predominant mode in dentistry even today, and his discoveries fit well within my philosophy of practice.

Some interesting statistics:

- It is authoritatively estimated that around 18 million people in the U.S. suffer from acute jaw joint (TMJ) problems, having symptoms such as clicking/popping joints, head and neck aches that would inspire a patient to seek treatment.
- 40—50% have at least some symptoms in these areas.
- There are 151 Bioesthetically trained dentists in the U.S. 101 of them have completed all 4 levels of extensive didactic and practical coursework. I am one of the earliest Level 4 trained dentists and have the distinction of having taught these concepts to dentists with Dr. Lee.

Having studied and taught with Dr. Lee I gained a more comprehensive viewpoint of dentistry, one of "looking at the bigger picture." When I see a patient that has head and neck aches, sensitive grooves on the sides of their teeth or abnormal tooth wear, I can offer Bioesthetic diagnosing and treatment that will not just cover up, but eliminate the causes of these problems.

## TREATMENT SUCCESSES

This patient had had routine dentistry performed through the years. Her teeth were wearing more and more causing them to lose length and collapse her face. Two front porcelain crowns made many years ago as a result of an accident were also chipping away and the rest of her teeth were yellowing in contrast to them. She also was developing head & neck aches due to her bite that was changing from the wear. Her treatment:

- Full-time orthotic wear with periodic adjustments to stabilize jaw joints, determine a safe amount of bite opening and eliminate head/neck pain.
- Full mouth Bioesthetic rejuvenation to maintain stabilized jaw joints, and provide an awesome smile framed within a "dental facelift." Notice "gummy" smile corrected without gum surgery, and right-to-left slant of front teeth eliminated with no need of orthodontic treatment.



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### Quarterly Quote

"Though we travel the world over to find the beautiful, we must carry it with us or we find it not."

*Ralph Waldo Emerson*

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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.



## TMJ—WHAT IS IT?

I am asked quite often: “What is TMJ.?” It is an abbreviation for (T)emporo (M)andibular (J)oints. These two joints in the area of the ears join the temporal bones of the skull to the lower jaw, or mandible. They move each time we swallow, chew and talk. It is said that the TMJ’s are the most complex joints in the human body. The TMJ is a sliding joint and not a true ball-in-socket, such as the shoulder. All other bones with joints in the body have just one articulation (connection), whereas the mandible has three connections—the two TMJ’s and the teeth!

There are TMJ disorders that have a wide spectrum of symptoms. They can include headaches, earaches, pain in the neck area, dizziness, clicking and grinding sounds when opening and closing the mouth, and locking or limited ability to open and close the mouth. Even a vertigo condition and ringing of the ears may be involved.

Causes of TMJ maladies include arthritis, injury and most commonly, a bite that is “off.” Often times there is a displacement of the fibrous disc that is located between the jawbone and the socket. When this occurs, a popping or clicking sound may be heard including pain, and as indicated, limited jaw movements.

The most important thing to do when one has these symptoms is to obtain a diagnosis through an examination by a dentist trained in this area. In our office, this includes an extensive history of the problem, clinical examination, and special x-rays (tomograms) of the TMJ’s. Also, as is referenced in the first article of this newsletter, a Bioesthetic diagnosis wherein precision-made mouth models are mounted on a jaw simulator with special bite recordings and jaw orientation equipment. Then an accurate assessment can be made of the dynamic functional relationship of the teeth to the TMJ’s. This is a very important aspect of a thorough diagnosis, because a visual examination of the mouth alone is very limited in diagnosing abnormal oral function. For more information on how we treat patients with TMJ dysfunction, go to our website [www.rpmdentistry.com](http://www.rpmdentistry.com) and click on “Search Our Site” and type in “TMJ.” You will also find videos with testimonials of patients Dr. McBride has successfully treated with this type of problem.



## LATEX ALLERGY?



We have noted through the years that several of our patients have allergies to latex, and my assistant Blanca had started to develop signs of latex allergy. We researched our options and decided to become latex-free and have been using nothing but vinyl gloves for almost two years. The following information is what prompted our change.

Latex is the product manufactured from a milky fluid derived from the rubber tree, *Hevea brasiliensis*. Several types of synthetic rubber are also referred to as “latex,” but these do not release the proteins that cause allergic reactions. Latex allergy is a reaction to certain proteins in latex rubber. The amount of latex exposure needed to produce sensitization or an allergic reaction is unknown. Increasing the exposure to latex proteins increases the risk of developing allergic symptoms.

In sensitized persons, symptoms usually begin within minutes of exposure; but they can occur hours later and can be quite varied. Mild reactions to latex involve skin redness, rash, hives, or itching. More severe reactions may involve respiratory symptoms such as runny nose, sneezing, itchy eyes, scratchy throat, and asthma (difficult breathing, coughing spells, and wheezing). Rarely, shock may occur; however, a life-threatening reaction is seldom the first sign of latex allergy. Health care workers are at risk of developing latex allergy because they use latex gloves frequently. Workers with less glove use (such as housekeepers, hairdressers, and workers in industries that manufacture latex products) are also at risk.

Latex proteins become fastened to the lubricant powder used in some gloves. When workers change gloves, the protein/powder particles become airborne and can be inhaled. Certain medications may reduce the allergy symptoms; but complete latex avoidance, though quite difficult, is the most effective approach.

Team



News

Congratulations to our hygienist, Jenean who recently became a first-time homeowner. She and her kitten, Molly, are enjoying their new home.

Congratulations are also in order for Dr. Bob and his wife, Karen, who recently celebrated a wedding anniversary. Our office manager Karen Chitwood and her husband, Dale, will be celebrating their 30th next month!

Blanca continues to do Zoom bleaches and is very happy to report that the results she is getting with the Zoom process are amazing!. If you are interested in how white Blanca can get your teeth, give us call or drop in. We also continue to have whitening trays for those of you that would like to do bleaching at home or have a touch-up.

### Presentations



We have been taking our show on the road! Besides our monthly Doc’s Talks, Dr. McBride has been asked to speak before several groups, including the local Dental Society. This is our way of getting the message out there on how we deal with diagnosing and treating dental problems such as cavities, gum disease, implant concepts and treatment of bite-related head and neck pain (TMJ), to name a few. We now have a schedule of in-office “Doc’s Talks” on our website, [www.rpmdentistry.com](http://www.rpmdentistry.com), so be sure to check these times if you would like to learn more about any dental topic.



### Seasonal Drawings!



Congratulations to Gordon Langsam for winning the Holiday Basket, and to Carol Malouf who won the Valentine Basket. Be sure to get your name in now for the Spring Basket Drawing.



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

