



Note From Doc

Spring Has Sprung

We're delighted Spring has graced us with its presence here at The Dental Wellness Center. We are happy to hear the sounds of hammers and saws across the hall that herald the arrival of two new tenants. We are happy as well to announce the addition of our new team member - Barbara Tomasek!

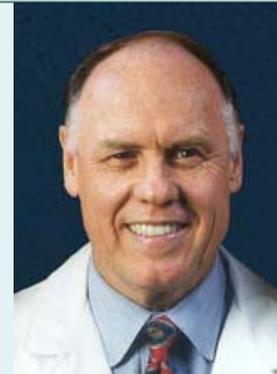


GUM HEALTH

A PARTICIPATORY AFFAIR

My passion for wanting the best for my patients offered me lessons along the way that have contributed to the purpose of The Dental Wellness Center, which is to teach its patients about the nature of their oral system health in such a manner that they can make informed choices regarding its future. Each person is unique, and that goes for the gums as well, as they are but one of many components of an oral system that must function in harmony to be healthy. There are several factors that relate to the state of one's periodontal health - and its relationship to general health.

When new patients call our office for the first time, they often want to start by having their teeth cleaned. This is an understandable request based on their past experiences in a traditional dental office. People are used to having their teeth cleaned periodically and think that this is where they should start when coming to a new dental practice. In a traditional dental practice it is common for the dental hygienist to see patients on the hour for teeth cleanings. What most people don't realize is that gum disease cannot be controlled by a



TOPICS:

GUM HEALTH - A PARTICIPATORY AFFAIR

WELCOME OUR NEW TEAM MEMBER

THE TRAIN WHISTLE

TESTIMONIALS

DR. MCBRIDE'S NEXT PRESENTATION

QUARTERLY QUOTE

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

-Mahatma Gandhi

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TESTIMONIALS

"Great!!"

"Dr. McBride is the best!!!!!"

-Novel C.

"Five Star"

teeth cleaning alone - it requires several other elements. Our records indicate that nine out of ten of our new patients have some form of gum disease, many with bone loss around their teeth. This is why it is important to have a complete oral assessment prior to any gum treatment or maintenance, as the reality is that most people who have gum disease don't even know that they have it.

There is no disagreement that the primary cause of gum disease is bacterial plaque. Early on in my practice I observed, in spite of our best educational efforts and skilled teeth cleanings, many patients' gums still weren't getting healthier, and several even got worse. I knew that plaque was the key culprit and that even after the teeth are thoroughly cleaned, it begins building again within 24 hours to start doing damage again.

So, in the mid-70's I purchased the first of two phase microscopes currently used in the office to learn more about the amount and nature of a patients' bacterial plaque, as well as having people become more motivated in keeping it off their teeth - a 100 power microscopic view of unhealthy dental plaque is an alarming (and motivating!) sight. The microscope was a new venture as I knew of no dentist in the area who used one, much less a patient who had ever had their plaque and gum health evaluated under a microscope.

Also, the relationship between gum health and general health was becoming more known which heightened my focus on the educational aspect of controlling gum disease. I wanted to have my patients understand that becoming healthy required an interest high enough on their part to prompt appropriate daily self-care. In other words, periodontal disease is a participatory affair - not to be cured solely through teeth cleanings, a special rinse or a pill. I was discovering through the use of the microscope that many patients who previously seemed disinterested in putting forth the needed daily effort suddenly became interested with the new visual awareness of the "bug factories" residing within their mouths. At the same time my own interest was becoming further kindled in attempting to become a better teacher as I was seeing positive results - many of my patients were actually getting healthier. I knew I was on the right track!

There are four basic stages of gum disease and it is important to properly assess which stage is present in order to prescribe its proper treatment. The more standard means of evaluating the state of gum disease is having pocket depths measured along with a gum bleeding index. This is where the space (sulcus) between the teeth and gum - usually 2 - 3 millimeters - is measured to determine if there is damage or inflammation. If present, the sulcus turns into a diseased "pocket," the measurements being deeper than normal along with bleeding upon measuring, hence the bleeding index. We find that one in five new patients has ever had these procedures performed, and of those who say they have, it is rare that they have had their significance explained. Couple this with the fact that periodontal disease is never painful, and one can see how a patient may have gums that are sick and not be aware of it.

"Outstanding care for several decades."
-Harry M.

"Special Event"

"I love coming to my dentist office, not just for the BEST of dental health, and also for the best care for people they serve. All the staff are singing the same tune! thank you one and all."
-Dorothy M.

"Teacher of Totally Quality Health"

"Love all the care I receive in the Office. Timbrey is THE BEST!"
-Brian B.

"Cleaning Appointment"

"Timbrey was very thorough in cleaning my teeth and had a delightful demeanor. The Office Staff is always so helpful and pleasant."
-Linda J.

"Initial Visit"

"A very complete exam. A very pleasant staff and assistants."
-Joseph V..

"My 1st consultation with Dr. McBride. I've had TMJ for 8 years."

"Dr. McBrie is AWESOME!! A GREAT teacher with very clear explanations of what he was doing. He is also ABSOLUTELY GENTLE all the way. He is very open and I was comfortable to share my experiences. He has a WONDERFUL staff who are very respectful and caring."
-Leelee L.

"GREAT EXPERIENCE!"

"I'm so glad I found this place! Timbrey is always a

Factors that I've discovered along the way:

- Most new patients have not had their gums measured or a bleeding index taken.
- None thus far (since the mid 70's) indicate that they have had a microscopic plaque assessment.
- One in 50 new patients says that they have been coached through demonstrating their skill level to the dentist or hygienist. Some say that the dentist or hygienist showed them how by demonstrated dexterity in their own mouth, that of the patient or on a mouth model, but not had the patient actually demonstrate their own skill level for coaching towards appropriate daily home care - an extremely important factor in proper education. (Ben Franklin makes this point well when he said: *"Tell me and I'll Forget, Show Me and I'll Remember, Involve Me and I'll Learn."*)
- Many patients with periodontal disease say that their gums never bleed. This is because the areas of infection are not being reached through effective home care.
- Gum disease has an influence on many bodily afflictions such as coronary disease, strokes, diabetes, premature births and Alzheimer's disease to name a few.
- As it is becoming increasingly more realized that gum health influences and is influenced by ones general health, there is a deeper reason for developing and maintaining it than keeping teeth and having sweet breath.
- Although dental plaque is the direct cause of gum disease, many other factors contribute to its virulence, such as the state of one's immune system, nutrition, genetic disposition and a bite that is not in harmony with the jaw joints (TMJ's).
- Since dental insurance companies lack the proper offering of benefits relative to the educational aspect of periodontal health, dentists contracted with insurance companies seldom offer either the time or expertise needed for effective patient \ education.

Each factor mentioned above is addressed with our new patients as part of a thorough assessment and teaching process at the Dental Wellness Center. Undercutting all the above, and probably the most important factor is a matched interest in becoming healthy between the dentist, hygienist and patient. Healing periodontal disease is a participatory affair - a blend of assessment, education, treatment and self-care - a blend rarely found in traditional dental practices. One of the very reasons that the practice is called a "Wellness Center" is a realization of the connection between gum health and systemic disease and that there are no two people alike including their teeth and gums. Therefore, we use all the assessment and educational tools possible in discovering the uniqueness of our patients' periodontal condition and take them on a learning path along with us. Our Hygienist knows that there is much more to having healthy gums than simply cleaning teeth, and realizes the important relationship between oral and systemic health. She takes the time needed to discover the uniqueness of each patient, their attitude towards health and takes them on an agreed-upon path towards optimizing it - truly, a participatory affair.

delight to see and I am completely confident in her skills. She is through, friendly, and really knows her job. No matter how my mouth is doing, she always has a solution that works!

YIPEE! Thanks to her, I hope to have my own teeth until I'm at least 100! If you are afraid of going to the dentist, this is the place for you. They can help!"

-Carole A.

"Visit"

"excellent & very informed & knowledgeable"

-Barry M.

"Dental Cleaning"

"Love going to see Dr. McBride and his staff, I feel like I've grown up in his office. He always takes care of me and my family(when they go). I trust whatever he says I need or should do."

-Sam M.

"Dental Hygentist"

"As usual, the dental hygentist did a through job in cleaning my teeth. She was both professional and very courteous."

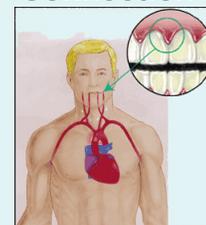
-Roger J.

 Forward to a Friend

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

Doc's Talks

"Mouth-Body Connection"



By reservation only

PLEASE WELCOME OUR NEW TEAM MEMBER - BARBARA TOMASEK



My first experience working in a dental office was right after high school, and I stayed there for eighteen years until the doctor retired. As time passed and I went on to do other types of work I realized I missed being in the dental environment and really wanted to go back into the field of dentistry. I met my future husband and moved from Florida to California to live and get married! I needed a dentist and found the Dental Wellness Center up the street from where I live. I feel in love with the office and the way they took care of their patients. I knew if they ever had an opening this would be the office to work in. Well, at one of my dental visits I discovered they were looking for help and I made sure to tell them I wanted the chance to be that person. It has now been a month and I feel very fortunate to be here working with wonderful people around me. The patients are terrific too! I see myself being part of this team in many years ahead!! Helping our patients to have an excellent dental experience is one of my top goals. We truly have a unique and pleasant office. Come see for yourself!

In my spare time I enjoy knitting, playing the ukelele, hiking, camping and snowmobiling with my husband.



THE TRAIN WHISTLE



As most of you know, the first visit with me is in my private office at which time my new patient and I can get to know one another. This is an important time that lets me gather dental and medical health information, and to discuss what the patient's desires are regarding their future oral health. This new patient meeting quite often brings out negative past dental experiences, and therefore is an important step for the quality of future dental visits. Many people are fearful of needles, pain during treatment and the noise of the drill. Proper handling of

WHO: Dr. Robert P. McBride
and our special guest Dr. Susan Sklar.

WHAT: Robert McBride, D.D.S., M.A.G.D. will be sharing his valuable message about the importance of oral health (gum disease, TMJ's, etc.) and how it is related to your overall health.

Susan Sklar, M.D. will be talking about AGING: Natural Process or Lack of Prevention? She will show how a preventive care program can be safely implemented to slow aging, prevent chronic disease, and increase health and happiness.

WHEN: Wednesday,
March 21st at 6:00pm

WHERE:
Dental Wellness Ctr.
5406 E. Village Road, Long
Beach 90808

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, belly fat, high cholesterol, hormone imbalance, diabetes, arthritis, colitis, lupus, inflammation.

these concerns can turn a person around in no time. What I've also found quite common with many new patients is their fear of experiencing a loss of control while in the dental chair. To assuage this anxiety, I have developed a system where the patient holds a remote control with a button which when pushed, activates a 1957 Lionel train whistle that gives me notice to discontinue treatment. I've yet to have an adult actually push the button, but the value seems to lie in the fact that they know I'm serious about their concern in this regard. . Kids especially love it of course, and I have to let them get the novelty out of their system so they won't be tempted to use it during treatment when it may not be needed. Next time you're in the office, ask for a demo!

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