

Spring 2016 Newsletter

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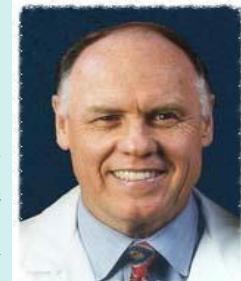
Quarterly
QUOTE



"Spring is the time of the year, when it is summer in the sun and winter in the shade."

- *Charles Dickens*

A Note from Dr. McBride



Spring has sprung at the Dental Wellness Center. We have become a seasoned team, all walking down the same path that leads to the health and wellness of our precious



Springtime is the land awakening. The March winds are the morning yawn.

- Lewis Grizzard

New Patient Information Center



[Interested in more information on how to get started? Click here>>](#)

TESTIMONIALS



"My wife and I were really pleased with the experience at the first appointment. Dr. McBride took time to

patients.



"A Philosophical Trip "Down South"

Robert P. McBride, DDS, MAGD

I was prompted to write this after I read an article that discussed the increasing number of U.S. citizens who are crossing the border into Mexico or flying to other countries outside the U.S. to have dental treatment. This has become known as "Dental Tourism." I am sometimes asked about my take on the relative quality of U.S. dentistry compared to that performed outside of the U.S. This is a complex subject to adequately address due to its many variables, but here goes:

I am sure that the reason for this exodus is a matter of perceived economics. If I were a retired dentist being asked this question (therefore, my answer not ostensibly being self-serving), I would reply, "It depends." I'd tell the person that here in the U.S. there are definitely various levels, or tiers, of

get to know me and my dental history. The other staff were also very professional and friendly."

-Abul K.

"Caring, professional, ethical and thorough!"

- Diane K.

"Dr. McBride has a wealth of knowledge and expertise in the field of Holistic Dentistry. You can always count on his thoroughness & transparency when communicating the treatment plan he feels will provide optimal results. His dedication is evident in the way he conducts his business and has, in my opinion, revolutionized the way healthy oral functioning should be looked at. Most of our health stems from having a firm foundation which starts in the head/neck area and trickles its way down like a domino effect. Don't be surprised if many of your other lingering ailments suddenly vanish after allowing him the opportunity to solve your dental or TMJ

dentistry where treatment is performed of similar or less quality than some that I have seen from Mexico and other places outside the U.S., but most of which I'd consider to be sub-par. The following will give you my perspective on the status quo of U.S. dentistry in general. This might be important to a person who values their oral and overall health, prior to making a trip "down south."

There appears to have evolved over time, four distinct tiers of dentistry in the U.S. The first tier is that of basically "putting out fires," such as tooth extractions, patchwork fillings, pain elimination procedures, etc. This tier of dentistry is heavily driven by the dental insurance industry, in that most all insurance companies allow some type of benefits for dentistry at this basic level.

The next tier is essentially teeth repair, and replacements, cosmetic enhancements - commodity-driven dentistry such as fillings, crowns, implants, porcelain crowns and veneers, and partial and full dentures. It basically addresses the results of dental disease and not its cause, as well as smile enhancements. There are various levels of quality within this predominant tier of dentistry in the U.S., which is also substantially influenced by dental insurance industry policies.

The third tier of dentistry takes reparative and teeth replacement technology to a higher level. The dentist is talented, trained and quite capable of providing the finest in technology such as crowns, implants, etc., and uses only the services of a top quality laboratory technician. S/he knows that the teeth are singular elements of a vast network of muscles, bone, nerves and ligaments that comprise a biological system unique to each individual. Dentists practicing within this tier have had advanced training wherein they comprehend the intimate association between the way the teeth fit together and their relationship

issues. I can't say enough about how drastically he has impacted my quality of life just by realigning my jaw. Can't praise him enough. His passion for the field is unparalleled. Thanks Dr. McBride."

-
Anonymous

"The very best of care for patients who value their smiley."

- *Janis M.*

"Dr. McBride is beyond exceptional at everything he does. his professionalism, attentiveness and the overall care he takes during every step of the appointment is unparalleled. I am so pleased that I found Dr. McBride and have quickly become "married" to his care."

- *Dion G.*

"Intelligent, informative interaction. Always a relaxed environment."

- *Jim J.*

with the jaw joints, or "TMJ's." They have learned to diagnose the function of the entire oral system and discover the causes of teeth wear, past dental failures, bite-related migraines, head, neck and shoulder pain. They correct the mismatch between teeth and TMJ's prior to making any teeth repairs. The teeth repairs/replacements are then designed to support the gained health and function of the entire oral system. The new healthy biology actually dictates the form of the restorative technology. This tier of dentistry is quite rare and includes patient education and a high degree of patient participation.

The fourth and most rare type of dentistry is health-centered and relationship-based, two elements that are quite intertwined. Very few dentists practice within this tier - probably less than one percent. Most dentists practicing within this level have evolved through the other three tiers and realize that even the best of dental repair/replacement/cosmetic technologies can fail if the causes for their need aren't first addressed.

Also recognized is the direct relationship between oral and general health, and that oral health is not a commodity that can be simply "dispensed," such as it is with placing a filling or crown within the other tiers. Dentists practicing within this tier recognize the uniqueness of people, their mouths and teeth and the way they function, and that their health development requirements may vary considerably. They have also discovered that without the interest and cooperation of the patient, healthy oral changes cannot occur. The dentist starts out by developing a trusting relationship with his patient. This relationship development and emphasis on patient learning is the core of what has been called the "health-centered" dental practice.

From what I can gather, Dental Tourism is solely commodity-driven and involves "fix-it" treatments

"I missed my appointment and they quickly got me in to another slot. As always, they are very thorough and professional to the point that I drive 40 miles (each way) just for the continuing confidence that I am getting the best in dental care and wellness."

-
Thomas S.

"I appreciate the education I get when I have a cleaning. I feel more empowered to take better care of my teeth! I love the goody-bag too :-) Thanks!"

-
Jennifer D.

"I've been a patient of Dr. McBride's for over 15 years. I am beyond pleased with the level and consistency of care I receive."

-
Elaine G.

that address one-time repairs and possibly cosmetic treatment. It is not the time-involved, relationship-based approach with the resulting development/improvement of oral and systemic health such as that described within the fourth tier. A trip down south might be at least on a par with some levels of quality within the first two tiers of dentistry in the U.S., but missing the health-based, preventive aspects of tier 4.

This comparison also needs to address quality differences relating to the dentist and the dental laboratory. Having seen much of Tier 1 and 2 dentistry through the years from several countries, I would take my chances with a reputable Tier 2 dentist in the U.S. before I would go down south or anywhere else outside the country. One thing for sure is that cheaper isn't necessarily better.

Unlike a fine diamond that can be assessed for its quality, the relative quality of "dental work" cannot be determined readily by a patient, at least immediately. It isn't until later on that it's discovered when the dental work fails completely, becoming even more costly in terms of pain, time and finances. Without a gauge for the patient to determine the relative quality of their "work," I can see why some people may go outside the U.S. for their treatment. Not knowing all of the factors involved may be one reason that patients think that they can get a bargain outside the U.S.

The procedures leading up to the finished teeth replacement and cosmetic enhancement procedures involve a manufacturing process that engages both the dentist and laboratory technician. The resultant product can be of varying qualities based on the relative commitment to quality held by each, and the nature of their relationship. The best dental lab technician's efforts are only as good as what they receive from the dentist, and correspondingly, if the

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"Overall great  
experience"

- *Edward  
Mc.*

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"Extremely pleased as
usual. Thanks."

- *Harry
M.*

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"I would not go  
anywhere else. The  
staff is always warm  
and welcoming. Very  
professional in all  
areas."

- *Karen  
K.*

~~~  
"It feels good to be
part of the solution,
not just the patient
passively receiving
treatment. Getting
well never felt as
exciting as I feel right
now because of their
patient education
program. I am looking
forward to getting
well."

- *Susana
H.*

dentist's efforts are excellent and those of the lab are poor, the result will also be compromised. There are many factors having to do with the relative quality of the "dental work," or final "end product" that goes into the mouth based on this interplay between the dentist and laboratory technician. The laboratory works in partnership with the dentist and is subject to quality of the hard data such as impressions and bite records along with the dentist's instructions as placed on a prescription form that is sent to the lab. The ultimate quality of the finished restorative product reflects the co-action between the dentist and laboratory, driven basically by the talent, care and integrity of the dentist. The level of quality of the dentist will usually match that of the laboratory, which can span a very wide latitude. The following is a potential Tier 1 or Tier 2 decision scenario during the teeth repair or cosmetic fabrication process from dentist to lab, back to dentist and then to the patient's mouth:

Scenario: The dentist shapes the tooth for the particular repair (talent involved here); retracts the gum tissue away from the future repair/tooth junction/margin (time, care and skill involved here); takes an impression replica of this effort. Let's say he sees a defect in it. He is running behind schedule, has another patient waiting and now has a decision to make: does he re-appoint the patient for another attempt to get a flawless impression with another anesthetic injection, and attendant time to remove the temporary crown, re-pack the gum tissue, take the impression, replace the temporary crown - or send it to the lab as is? The answer to this question is based on the integrity of the dentist. Another appointment is expensive in that it may take about as much time as the original appointment, as well as another costly impression. The dentist, feeling the time pressure, might just send the defective impression to the lab and hope for the best. This cutting of corners leads to a less than ideal final product. This is one of the reasons that most dental restorations I see daily are mediocre. Any top dentist

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"Friendly , on time and caring service!!"

- LeeLee

L.

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"I had wanted to get my mercury fillings removed for quite some time, but always felt that the cost may be prohibitive, plus, I wasn't sure who I could trust to do it. I was with my old dentist for a few years and he was a traditional dentist. Anyway, at the last check-up I had with him he wanted to give me a cap and a crown. Later, by happenstance, I found out that during that process they would be removing my mercury feelings (one of them, I had several). They weren't even going to tell me! When I asked them if they use a mercury safe procedure, they told me, "for those who are concerned, they do x". It really concerned me that they weren't concerned, but I kept my appointment and decided to do a little research in the meantime. Life got busy and I didn't do the research; it was the day of my appointment and I had such a bad feeling about it, but

or laboratory would agree with this quality assessment. Almost always, the patient doesn't know the difference until the mediocre dentistry causes a problem later on.

There are vast differences in the quality of dental laboratories, both in and outside the U.S. Laboratory fees can range from 3 - 4 times plus or minus "the norm." Dental laboratory revenues are also based on the time it takes to fabricate a dental repair, which can inspire quantity over quality, depending on the philosophy and integrity of the laboratory owner and the type of dentist he wishes to work with - high quantity or high quality. As mentioned earlier, the result of even the best dental lab technician's efforts are only as good as the relative quality of the dentist sending the prescription. The truth is that water seeks its own level in this area. A poor dentist will select cheap labs, and an excellent dentist will only seek the finest quality dental laboratory, as they would want to dignify their efforts only with the very best. In this case, all fabrications are pre-planned, well-designed and always fit the teeth properly.

If truth be told, many laboratories are placed on the spot when they see the imperfection(s), and when/if they call the dentist, they will most often be told "Do the best you can with it." If the dentist is a good account and pays his bills on time, the integrity of the lab may be influenced by the reality of economics. Most dentistry performed today is replacing failed previous dental treatment. Frankly, as indicated, most dentistry I see today is well below excellent.

I think that before anyone takes a trip to the dentist in any area in or out of the U.S., they might want to consider this information so that they can make an educated choice. This started out with a seemingly simple question about a trip outside the U.S., which is more complex under its surface than it might sound. Hopefully, this information can assist a person who

convinced myself that I was just being paranoid; after all, all of these people, these professionals, didn't mind, why should I? Luckily, circumstances came up that morning, that all but forced me not to go. I cancelled my appointment and have never looked back. On to Dr. McBride and the gang there. They care about your health. They understand that the mouth is a part of the whole system, instead of one isolated region they should "treat". Not only that, they are not incentivized by insurance companies to push certain procedures. When someone is incentivized to see certain things, they will be more likely to do so. If you have a hammer, everything is a nail. After seeing Dr. McBride, it turns out I didn't even need that cap. The other dentist wanted to file my tooth down for what? I don't know. My only assumption is, his kids college fund. But those are my teeth! I need them, I want them. Oh and I just recently got all my mercury fillings removed. Wow, they are true professionals here at Dr. McBride's. I was freaked out - big time. They were so nice and comforting. They take more precautions than I

may be contemplating a trip to the dentist anywhere inside or outside of the U.S.

Upcoming Events



Event: The Mouth-Body Connection

*Presented by Robert P. McBride,
D.D.S., M.A.G.D.*

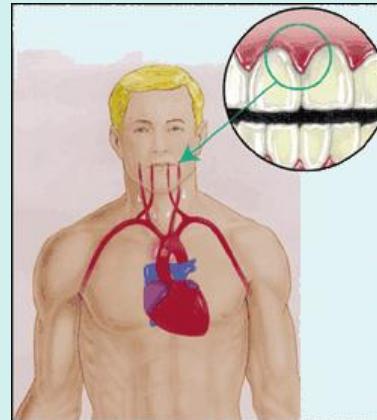
Tuesday, March 22nd
at 6:30pm
(By RESERVATION ONLY)

The Dental Wellness Center
(Near Bellflower and Carson)

5406 E. Village Road
Long Beach, CA 90808

CALL

Leanne at (562) 421-3747 to
Reserve Your Seat!
Seating is Limited!



OR
For more information and to Register [CLICK HERE.](#)

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-related head/neck pain, migraines, vertigo; mercury/amalgam fillings; inflammation; pH (acidity/alkalinity); diabetes). Also, exciting information about the treatment of snoring and Obstructive Sleep Apnea for those who are CPAP intolerant.

HELP ANOTHER. If someone you know can benefit from this extremely insightful information and has dental problems, fears,

knew were possible and they really did an amazing job. Special shout out to Gina. I was freaking out and she really helped me feel comfortable. She is an awesome lady. Dr. McBride is a very sweet man as well. They are all really great here. You know you are in good hands at Dr. McBride's. There is never a question if you are their highest priority. There is no conflict of interest for them. I can't say enough good things about them. If you have any doubts - it's understandable, but forge ahead. You'll be glad you did."

- Donna

S.



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View our profile on LinkedIn

bad breath, sleep apnea, unresolved headaches, neck aches, vertigo, or jaw pain, please share!

Forward to a Friend

HAPPY BIRTHDAY DR. MCBRIDE



March 16th

Your team appreciates all you do to serve others. You have created a special place for people to feel safe, be heard, be helped and become healthy. We love being part of this dental wellness home!

Leanne, Gina, Rachel, Janell,
Cindy

Thank you for your participation in reading the latest news from Dr. McBride's office. We look forward to seeing you soon! Don't forget to stop by and see what's new at the Dental Wellness Center!

Warm regards,

Leanne Sabo

Dr. McBride's Office



[Click here](#) for the story behind my SMILE :-)
(left side of page)

Dr. McBride's Dental Wellness Center - the Holistic Approach to Mind-Body-Healthy



(562) 421-3747, Dr. McBride's Office, 5406 Village Road, Long Beach, CA 90808

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