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DENTAL WELLNESS* NEWSLETTER

Summertime is a wonderful time of year in Southern California—a time to enjoy the outdoors and a time to vacation with family. Speaking of family, one thing I am very grateful for is the fact that so many of you refer your family and friends to me. It is very gratifying to know that I am treating a new generation of patients who have been referred by parents and grandparents. I appreciate the confidence and trust that has been developed over time and I want to take this opportunity to thank you. Have a great summer and don't forget your sunscreen!

Dr. McBride

More On Periodontal Health



An article in the January issue of "Diabetes Care" reported a link between patient mortality in type 2 diabetes and the severity of periodontal disease in that type patient. The study involved 628 Pima Indians age 35 and older. The researchers used panoramic radiographs and examinations to determine the severity of periodontal (gum) disease. As the severity of the periodontal disease increased the **mortality rate** increased significantly. Type 3 diabetes patients with severe periodontal disease as defined in this study had a mortality rate 3.2 times greater than type 2 diabetes patients with no or mild to moderate periodontal disease combined! The researchers wrote "Periodontal disease is a strong predictor of mortality from ischemic heart disease and diabetic nephropathy (disease of the kidneys)." In February, researchers reported that adults over the age of 55 who have a higher proportion of bacteria linked to active periodontal disease also tend to have **thicker carotid arteries** which are a strong predictor of stroke and heart attack. This study was conducted by the National Institute of Health and published in the journal "Circulation." The studies lead author, Moise Desvarieux, MD, PhD, said "What was interesting was the specificity of the association. These same 4 bacteria were there, they were always there in the analysis with one exception." The study of 657 adults had their oral bacteria and carotid thickness evaluated at the same time. So which came first, the oral bacteria or the carotid thickness? There is now a study being conducted by the National Institute of Dental and Craniofacial Research under Dr. Desvarieux to follow the progression of which indicator shows up first, the carotid thickness or the 4 bacteria linked to periodontal disease. It is becoming more apparent that periodontal disease contributes to systemic problems. The causative bacteria in periodontal disease initiate, exacerbates or is an indicator of serious systemic problems. It is imperative that every dental office has a **protocol for carefully evaluating and treating** gum disease. It is our obligation as health professionals to help our patients prolong their quality of life. Patients who ignore this problem and avoid treatment of active gum disease are risking not only their oral, but general health. This is why we look at your hygiene appointment from a different perspective than just "cleaning teeth." Use of a phase microscope assists us in the diagnosis of periodontal health. What is discovered allows us to develop a program specific to your needs, as research continues to show that the state of one's periodontal health takes on a vastly different magnitude.

MORE ON SNORING AND OSA

In the February '03 issue I discussed the relationship between snoring and Obstructive Sleep Apnea (OSA), which can be a serious health problem. All those who have OSA snore, but not all snorers have OSA. 80% of Americans have undiagnosed OSA. A simple written test can determine whether a person may have OSA and if positive, the person should go to a sleep lab for a true OSA diagnosis and a determination of its severity. Now there is a new FDA approved method that can be done at home to determine OSA, called the Sleep-Strip. It is relatively easy to use, economical and disposable. It is accurate and has a good correlation with sleep lab results. If you or anyone you know has been procrastinating an OSA diagnosis, have them call us to learn more about the Sleep-Strip!

Summer '05

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Quarterly Quote



"If you spend enough time in the beginning, you'll avoid wasting it in the future."

Dr. Bob Barkley

Inside this issue

Note from Doc	1
More on Periodontal Health	1
More on Snoring and OSA	1
Wellness Definition	
<i>The Value of Fluoride In Prevention</i>	2
Back Yard Fence	2
Presentations	2
Team News	2

* 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.

The Value of Fluoride in Prevention

The value of fluoride was discussed in our Winter '04 Newsletter. It is well known that incorporating fluoride into treatment plans has many benefits. Fluoride kills pathogenic bacteria in plaque. It prevents or slows the re-colonization of periodontal pathogens (germs) in plaque and oral tissues.

Fluoride treatments are preventive, and in spite of the current emphasis on the benefits of preventive medicine, many insurance companies categorize fluoride treatment as beyond "usual and customary" and so won't allow benefits for it.

It is well documented that fluoride is primarily important as a caries (decay) deterrent. In adults, it reduces plaque volume, inhibits new caries, and decreases sensitivity. For adults, the American Dental Association recommends preventive in-office fluoride treatments and prescription fluoride gels and pastes for home use to supplement in-office treatments.

We see fluoride as an investment in oral health. Particularly in areas where some of the 40 million American children live where water supplies are not fluoridated, it is important to share the specific ADA recommendations for fluoride:

Ages 6 months to 3 years	.25 mg daily
Ages 3 years to 6 years	.5 mg daily
Ages 6 years to 16 years	1.0 mg daily

If you use tap water (filtered or unfiltered), check with your local water company to determine the amount of fluoride in your water supply. If less than indicated above, supplements are indicated.

Back Yard



Fence

The other day I was asked by a patient, "Hey doc, are you taking any new patients? I want to send a friend of mine your way." I slid my chair up close to his and said "You bet. I'd be happy to help your friend. In fact, the finest patients are those who have been referred from patients like you." This made me realize how lucky I have been through the years. Most all new patients entering my practice are referred by those who know me and currently are patients. It is important for any business entity today to maintain a steady stream of customers, and dentistry is no exception. It used to be that a dentist did not need to solicit new patients. But the truth is, in today's world those "back yard fence" referrals that dentists have relied upon for so many years have noticeably diminished, especially in California where the population is more transient. Many dentists look toward other means of attracting patients, such as advertising in the Yellow Pages, ads in Val Pack newspaper inserts, 1-800-Dentist, etc. I haven't engaged in this type advertising since I've had great referrals from those of you who are in my practice. I want to take this opportunity to thank all of you for your continued trust – it is a real compliment to have you refer those who you care for, and I appreciate your allowing me to care for them as I have for you. That helps us keep that "back yard fence" alive and well.

Presentations



As you may know, our reception room doubles as a theater. Dr. McBride puts on PowerPoint presentations to various groups, both professional and public. Some of the topics included are: materials used in restoring teeth, Bioesthetic Dentistry, dental causes of head and neck pain, preventive dentistry, nutrition and much more. If you or your friends would like to experience an informative presentation pertaining to the above subjects, call Karen to have your name put on our list. A light fare is included.

Team



News

Seasonal

Drawings!



Congratulations to Nancy Wintner for winning the St.Patrick's Day drawing. And to Rebecca Stevens who won the Spring Basket. Be sure to get your name in for the 4th of July drawing.



AROMATHERAPY



In our continuing effort to provide 5-star service, it was decided that we could accomplish 2 things at once. Offer nutritional, fresh-baked muffins with beverage of choice, which besides maintaining blood sugar level, provides an "aroma therapy" of sorts which replaces the sterile smell quite often associated with a dental office. Also, you will find low cal ☺ Otis Spunkmeyer cookies baked daily. It brings a touch of home to the dental experience - drop by and pick up some freshly baked samples!

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