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# DENTAL WELLNESS\*

## NEWSLETTER



**Note from Doc** Summer is here again. Doesn't it feel like a seamless continuation of last summer? No complaints though, as this probably is the main reason most of us have chosen to live here. I sure don't have any, as I have lived in Texas where it's very hot, and Alaska where it's very cold. I'm looking forward to a summer of good work as well as some time off for play. I hope all of you will get some time to just relax, and while doing so, count your blessings along with me, for how fortunate we are to live in this great country where we are allowed the freedom and opportunity to be able to do just that **Dr. McBride**

## THE VALUE OF TIME



"The Most Important Thing a Person Can Spend is Time" was last newsletter's Quarterly Quote. A typical work-day in our office involves my spending time in various categories: examinations, consultations and treatment planning; treatment of tooth discomfort and/or breakage; smile/appearance concerns; diagnosing and treating head and neck pain; patient learning processes; re-doing dentistry from past poor treatment or improper diagnosis; communicating with my hygienist and team. As my practice has evolved through the years, more and more time is being spent on patient learning processes, as I have discovered that most dental problems are the result of clients not having the information and direction that they could have used in the past. I have found that spending appropriate time with them in the beginning can avoid wasting time and resources in the future.

What prompts me to this commitment is the time I have spent through the years in discovering how the teeth and surrounding structures interrelate both functionally and esthetically. This knowledge came through studies that were done on people with healthy, attractive oral systems. When patients see me for a smile change, replacement of teeth, or relief of bite-related head and neck pain, there is a necessary learning component. It involves a co-discovery process that sheds light on the nature of their problems, and the development of mutual responsibilities and common goals. This is a far cry from just repairing the results of disease, similar to a physician only giving medication for high blood pressure, when many times the accountability of the patient is not taught or regarded as an important factor, perhaps due to a lack of time.

Another reason why I spend time, is that today more than ever, patients are seeking out answers on their own and value the learning time. There is a lot of information out there, especially with the internet, and people are a lot more savvy than in the past and are armed with great questions that deserve the time to be answered.

A very exciting aspect of affording this time is the change in attitude about dentistry we see on a daily basis. Many people give up hope because the causes of their problems were not previously addressed, with the same problems repeating themselves. This results in apathy and neglect, most often because they just didn't know what they didn't know. Once the veil of ignorance is lifted, the value of a healthy and attractive mouth becomes apparent that allows magical changes to occur.

The quote of Benjamin Franklin is apt for our practice: "Tell me and I'll forget, show me and I'll remember, involve me, and I'll learn." Involvement requires time, and we want to work with individuals who value their time and health enough to want to become involved. Otherwise health becomes a unilateral affair that may result in a situation that no amount of time will be able to cure.

## TREATMENT SUCCESSES

Talk about time to do it right! I told Jim that for optimum treatment results, it would take some time. I treated him with braces for the better part of a year, then some minor gum grafting and healing time followed by a bite adjustment and porcelain veneer and crown technology. Jim is now very proud of his new, natural smile!



Jim before



Jim during



Jim after

**Quarterly Quote**  
**"It takes less time to do a thing right than it does to explain why you did it wrong.**  
*Henry Wadsworth Longfellow (1807 – 1882)*

**Summer '07**

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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.

# Root Beer May Be "Safest" Soft Drink For Teeth



Exposing teeth to soft drinks, even for a short period of time, causes dental corrosion—and prolonged exposure can lead to significant enamel loss. Root beer products, however, are non-carbonated and do not contain the acids that harm teeth, according to a study in the March/April 2007 issue of General Dentistry, the AGD's clinical, peer-reviewed journal. That might be something to consider during the next visit to the grocery store.

Consumers often consider soft drinks to be harmless, believing that the only concern is sugar content. Most choose to consume "diet" drinks to alleviate this concern. However, diet drinks contain phosphoric acid and/or citric acid and still cause dental corrosion—though considerably less than their sugared counterparts.

"Drinking any type of soft drink poses risk to the health of your teeth," says AGD spokesperson Kenton Ross, DMD, FAGD. Dr. Ross recommends that patients consume fewer soft drinks by limiting their intake to meals. He also advises patients to drink with a straw, which will reduce soda's contact with teeth.

"My patients are shocked to hear that many of the soft drinks they consume contain nine to twelve teaspoons of sugar and have an acidity that approaches the level of battery acid," Dr. Ross explains. For example, one type of cola ranked 2.39 on the acid scale, compared to battery acid which is 1.0.

Researchers concluded that non-colas cause a greater amount of corrosion than colas. Citric acid is the predominant acid in non-cola drinks and is a major factor in why non-cola drinks are especially corrosive. There is a significant difference between sugared and diet colas.

"The bottom line," Dr. Ross stresses, "is that the acidity in all soft drinks is enough to damage your teeth and should be avoided."

What is dental corrosion?

- Dental corrosion involves loss of tooth structure.
- Corrosion refers to the action of the acid on the entire surface of the tooth.

Dental corrosion and dental cavities are not exactly the same. Cavities and tooth decay tend to be isolated to cavity-prone areas such as in between teeth and in pits and grooves.



## Bioesthetics and Tooth Wear



Bioesthetics is defined as, "The Study or Theory of The Beauty of Living Things in Their Natural Forms and Functions."

Through careful research of people with attractive smiles and little or no need of dentistry throughout their lives, such as exemplified on the right-side image, a model of oral health was developed that formed the guidelines that a Bioesthetic dentist uses in diagnosing, preventing and treating dental disease. Although everything wears over time, even tooth enamel which is an amazingly hard substance, very little tooth wear was seen with these people.

I see extensive tooth wear with teenagers, and I see many older adults with no discernible wear, such as the 82 year-old in the right image. The left image is of a person not yet 40. Although people may have varying degrees of enamel hardness, it has very little to do with the type of wear displayed above. Abnormal tooth wear is just one of the signs of an oral system that is out of balance, where the person's bite is not even, nor in harmony with the jaw joints (TMJ's). Other symptoms of this imbalance may include the following: TMJ clicking and/or pain; neck and head pain—even of the migraine type; balance problems (vertigo); ringing in the ears (tinnitus).

Most dentistry performed today is reactive, essentially repairing and replacing teeth without regard to their alignment within the oral system. This is similar to placing new tires on an automobile without first assessing its front end alignment. Interestingly, with most orthodontic treatment there is no objective evaluation of the alignment of the teeth relative to the jaw joints before, during, or at the end of treatment when braces are removed. Bioesthetics begins with time allotted towards a thorough diagnosis of the oral system, individualized patient education and a well-constructed plan, similar to first using an architect prior to building your dream home. A treatment plan is then designed that incorporates the Bioesthetic principles based on Mother Nature's success – truly, the dentistry of the future!

## Team



## News

This last quarter has just flown by. We were kept busy with the preparations for Doc's Lunch and Learn presentation at The Grand. It was wonderful to get to meet so many of our associates, specialists and staff. We communicate with several of you and now we have a face to put with a name and voice. The Lunch and Learn was a great success and we are proud of our Doc and the efforts he put into the presentation to make it a knowledgeable and fun learning experience. The "jaws" segment was especially entertaining and the chocolate truffles were a big hit in more ways than one! Thanks Dr. McBride for sharing and teaching.

Summer is here, the sun is bright and your smile should be too! Call for details regarding our Zoom whitening special for the months of July and August. Don't miss out!

## Presentations



We are still doing our Doc's Talks on a reservation basis. These are amazing opportunities to learn on a first-hand basis the attributes of a healthy mouth, and what can be done to improve one's oral health in all aspects. The latest in technologies are portrayed via PowerPoint. Doc just gave a presentation to a group of over fifty people, including several dental offices & guests at The Grand and it was a rousing success!

## Seasonal Drawings!



Congratulations Sara (and Grace) Giles for winning the Spring Garden Basket. Also to Oliver Smith for winning the Movie Night Basket. Be sure to place your name for the colorful Fourth of July Basket Drawing!



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

