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DENTAL WELLNESS* NEWSLETTER



Note from Doc Summer time is here again. A time of vacationing, enjoying the outdoors and remembrances of summers past. My affinity for the local area grew from the adventuresome escapades of my teenage years surfing up and down the California coast, and influenced my practicing in an area near the ocean. It is wonderful to be able to say that I have chosen a profession that keeps me as excited as I was in my earlier days!

Dr. McBride

A Word About Dental Laboratory Technology

I'm not sure what most dental patients know about dental laboratory technology, but as it is with all other fields, there are levels of quality that range from mediocre to the highest level of excellence. These are the folks who fabricate crowns, bridges, dentures, etc. that go into a person's mouth. A good dental laboratory technician, besides having a knowledge of the latest in manufacturing technologies, materials and their applications, must have an ability to create natural teeth forms both esthetically and functionally. The result of even the best dental lab technician's efforts are only as good as what they receive from the dentist. If the impressions, bite registration and other recording data from the dentist are sub-par, the best efforts of the technician will render the project mediocre, and that also goes the other way, i.e., if the dentist's efforts are tops and the lab's is poor, the result will also be poor. The truth is that water seems to seek its own level in this area. A poor dentist will select cheap labs, and an excellent dentist will only seek the best in dental laboratories, as they would want to dignify their efforts with the best. There are several tiers of quality in between, and this is one of the reasons why dental fees can vary from dentist to dentist. In a typical general dental practice, the highest category of overhead expense after staff, is laboratory expenses.

One thing that has come to light recently is that many dentists are using overseas labs because they are vastly less expensive than even those of the lowest quality in the U.S. Besides the low quality, what is scary is that it is becoming apparent that there is lead in the materials that come from overseas, namely China. The truth is that any lead in a dental prostheses is too much lead. Word has it that over 25% of general dentists are using overseas labs.

I used to be my own lab technician, and still do some of it myself. This experience has given me an acute eye for what is out there in that field. This is why my gold restorations are performed by a lab technician in Lake Chelan, Washington even though his fees are many times higher than those around the local area. He has a passion for this technology and I have not seen better anywhere. This also holds true for my denture laboratory technician, as a lack in quality control in the fabrication of removable prostheses can subvert my best efforts.

My porcelain crowns and veneers and implant restorations are performed by another lab, and they are tops in their field in quality, as well as their fees. Their technicians are certified by the Academy of Cosmetic Dentistry, which is not come by easily, as there is rigorous testing involved. My passion and experience necessitates that I use only the finest in dental laboratories. I have never based my decision on what lab to use based on cost, as anything less than the best would diminish my best efforts.

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Quarterly Quote
 "Men are anxious to improve their circumstances, but are unwilling to change themselves; they therefore remain bound."
 James Allen 1864 - 1912

TREATMENT SUCCESSES

This woman came to me initially to replace a broken bridgework. She had suffered a loss of her four upper front teeth at an early age, as well as gum and bone tissue around them that supported her upper lip. I discovered in taking her medical history that she suffered from headaches and ringing in her ears. Upon examination I could tell that these symptoms could possibly be related to her bite. The end result was elimination of her head and neck pain and ear ringing, and the creation of a new smile via some braces, bone grafting, implants and an awesome application of porcelain technology using the best of dental labs. What a life-changing story!



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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.



Children's Dental Health



Dental habits start forming at about 4 months of age, or at about the time when a baby switches from breast milk or infant formula to other foods, reports the Academy of General Dentistry (AGD), an organization of general dentists dedicated to continuing education.

This is also the age that a baby's first tooth erupts, and the types of foods that are introduced to the baby at this time can affect a lifetime of dental health. In fact, a strong correlation has been found between the use of sweetened drinks in infancy and the consumption of sugar-containing snacks in later years.

"The eating habits of adults are formed at weaning, so it's important for the baby to develop good eating habits that will affect the dental health," says AGD (Academy of General Dentistry) spokesperson Heidi Hausauer, DDS, FAGD. "Sugar is known to cause cavities throughout a lifetime, and the earlier an infant gets used to sugar, the easier it is to get hooked on high-sugar snacks as an adult."

Fruit drinks are high in sugar and in turn can cause enamel erosion if consumed frequently. A baby should never be allowed to fall asleep with a bottle of fruit juice, because the sugary liquid bathes the newly erupted teeth in a cavity-causing substance that can cause baby bottle tooth decay.

"Drinks other than water should not be continually sipped throughout the day and should be served at mealtimes – never at bedtime," says Dr. Hausauer. "Children given high-sugar medicines regularly at bedtime are also at risk of forming cavities."

Children at school should rinse their mouth with water after meals, leaving their teeth free of sugar and acid. Children also should seek sources of fluoridation. If you purchase bottled water, be sure that it is fluoridated. Encourage children to drink tap or fountain water. Use a straw when drinking soda to keep sugar away from teeth. Remember, bottled juices are not a good alternative due to the high sugar content. Regular dental checkups, combined with brushing with fluoride toothpaste, also will help protect children's teeth.

Parents should take their child to the dentist just after the first tooth appears. Brushing teeth after meals, regular flossing and fluoride treatments are the best ways to prevent tooth decay. Children should also be supervised as they brush. A good rule of thumb is that when children can dress themselves and tie their own shoes, then they are ready to brush unsupervised. Children should be supervised in proper flossing techniques until the age of 10.



Mom's Dental and Mental



Children can make you laugh, cry and fill you with joy, but can they also affect your dental health? Some children can cause you to pull your hair out, but what about losing your teeth? In a new study out of New York University, researchers found there may be a link between tooth loss and pregnancy. Looking at more than 2,600 women nationwide, they discovered moms who had more children were more likely to have missing teeth. Doctors say it's not surprising, since pregnancy can make women prone to gingivitis, a leading cause of tooth loss. They also noted some women may postpone dental treatment because of financial concerns, while others might think more about their children's health than their own.

And don't stop your mom and dad from going out with friends. Seems older people who continue with an active social life have a slower rate of memory loss. According to a new study in the American Journal of Public Health, those 50 and older, who volunteered, and were social with family and friends had the slowest rate of memory decline. Memory loss is a strong indicator for developing dementia, a cognitive condition that affects up to 10-percent of Americans 65 years and older. Researchers say this study supports the theory that if you stay socially active it may help you stay mentally active.

Team



News

"Health and Wellness" is what we are all about. You'll discover this from your dental and hygiene visits to the amenities that we offer. We want everybody to be on the path to feeling better through the services they receive here at our Wellness Center. As you know, we have been cooking up some great tasting muffins and cookies. Our baker, Jennifer, uses egg whites, less fat, and nutritional ingredients for our treats. Many of you have asked for a recipe for the Morning Glory Muffins, so we're sharing it with you. Happy baking!

Flaxseed Morning Glory Muffin Ingredients:

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|----------------------------|--|
| 1 cup Fiber One cereal | 1 ¼ cups all-purpose flour |
| ¾ cup chopped apple | ½ cup finely shredded carrot |
| ¼ cup flaked coconut | 2 teaspoons ground cinnamon |
| 1 tablespoon canola oil | 1 teaspoon vanilla |
| 2/3 cup vanilla soy milk | ½ cup ground flaxseed or flaxseed meal |
| ½ cup packed brown sugar | |
| ½ cup fat-free egg product | 3 teaspoons baking powder |

Directions:

- 1 Heat oven to 375° F. Place paper baking cup in each of 12 regular-size muffin cups. Spray bottoms only of baking cups with cooking spray. (Muffins will stick if baking cups are not sprayed.) Place cereal in plastic bag between sheets of waxed paper; crush with rolling pin.
- 2 In large bowl, mix crushed cereal and soy milk; let stand about 5 minutes or until cereal is softened. Stir in remaining ingredients. Divide batter evenly among muffin cups.
- 3 Bake 22 to 25 minutes or until toothpick inserted in center comes out clean. Immediately remove muffins from pan to cooling rack. Serve warm.

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 importance of oral health, and its relationship to your general health. The next one will in part include a presentation of a unique weight loss program by the doctor who developed it. He assesses a person's metabolism, and designs an individualized program that not only results in a shedding of weight, but increases the person's health in a quantifiable way. Their blood sugar, cholesterol, and other blood panel markers improve, and their heart muscles strengthen as evidenced by pre and post program testing. This is not a fad-of-the-moment program, but one that not only adds true quality to one's life, but can extend it as well!



Seasonal Drawings!



Congratulations to Dottie Bergendahl for winning the Spring Basket. These are one-of-a kind items designed and put together by our one-of-a-kind hygienist, Jenean, who continually amazes us with her creativity. Our next drawing will be for an unusually colorful 4th of July Basket!

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

