

Summer 2017 Newsletter

Issue 33



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Quarterly QUOTE



Summertime is always the
best of what might be.

- Charles Bowden

New Patient
Information Center

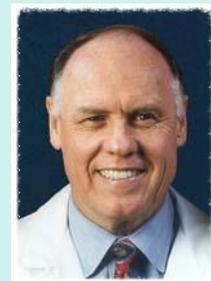


A Note from Dr. McBride

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

- Lewis Grizzard

Spring has sprung and it seems to be springing forth faster each year. It is a season that signifies renewal, and we all feel continually renewed by the steady influx of new patients that are seeking what we offer! We are all happy that The Dental Wellness Center has sprung from a health-centered well that continues to draw people to complement our fine family of patients.





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

TESTIMONIALS



"Excellent doctor, both patient and caring. His staff is great as well!"

- *Anonymous*

"Great! So friendly and welcoming to my 3 energetic and loud children!"

- *Arvis G.*

"Thank you Dr. McBride and staff for a pleasant visit My consultation for a amalgam removal done wrong was so informative (Dr. McBride has a vast knowledge of all things dental). Thank you Dr. McBride for sanding the temporary crown (glued by an assistant at another office and not checked by dentist) down so I could eat. I will be back soon to have Dr. McBride remove all my amalgam and ditch the mercury symptoms I am having so I can live healthy! Dr. McBride is a true blessing!!! Monica McCann patient since 2008."

"Love that he takes his time to see what the problem is, explains what he would like to do to fix the issue and its painless."

IN THE NEWS

The Holistic Hygiene Arm of The Dental Wellness Center

It is agreed within all of dentistry that oral biofilm (dental plaque) is the precipitating cause of both gum disease and tooth decay. Other contributing factors that influence the effectiveness of the biofilm causing its damage are:

- 1 - pH - relative acidity/alkalinity of saliva, which is reflective of bodily pH. Oral biofilm is much less effective in causing tooth or gum damage in a salivary environment that is neutral or slightly alkaline.
- 2 - Excess pressure placed on teeth from an uneven bite.
- 3 - Poor nutrition
- 4 - Habits such as tobacco, recreational drugs, clenching/grinding teeth.
- 5 - General health conditions, such as diabetes, metabolic syndrome.
- 6 -- Inherent genetic factors.
- 7 - Effectiveness of daily oral self care.
- 8 - A person's desire to be healthy in conjunction with #7.
- 9 - A combination of the above factors.

Oral bacteria can't harm the teeth and gums if they are floating within the saliva, but when they colonize in tooth-colored "clumps" on the teeth, between the teeth and gums, tongue and other areas within the mouth, they mature and evolve into a toxic mass of biofilm that injures both teeth and gums - without pain. If not removed, over time tooth decay will occur and cause a tooth ache, but rarely, if ever, a "gum ache" as gum disease isn't painful.

With gum (periodontal) disease, the bacteria within the biofilm that lies within the area between the teeth and gums (gingival sulcus) cause an immune reaction, with a release of toxic substances that actually dissolve the layer of "skin" that hugs the tooth within the sulcus, making it raw. Over time, this causes the gums to swell and injures the area of gum attachment to the tooth that deepens the sulcus, transforming it into a diseased "pocket." During this process, the bacteria in the biofilm manufacture tartar, or calculus - a hard substance that becomes their "home."

- Merida L.

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"Dr. McBride put my concerns at ease and provided another option I didn't even know was available. He's a real doctor, a kind human being, an excellent communicator. I knew he was good, and he continues to prove that to me. I trust him."

- Lisa G.

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"Caring and very informative."

- Deborah A.

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"Dr. McBride is a amazing! Very knowledgeable about not only dentistry, but also about what is being studied currently in the field. I found everyone in his office helpful and very nice. He had a solution for my situation after a thorough conversation about what had been going on with the tooth. He did a great exam and answered all my questions. I am looking forward to working with him again!!!"

- Carole A.

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"Dr. McBride is a awesome. He really cares about his patients and takes the time to educate them so they can make an educated decision."

- Michael A.

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"Dr. McBride was very professional. After 45 years of having TMJ challenges. I have been to many dentists and no one could ever address my problem. It's been extremely frustrating and very, very hurtful. Sometimes the TMJ ached and ached while other times it was in remission but most of the time I just lived with the pain. When I came to Dr.

Images of gum disease progression below

Image 1

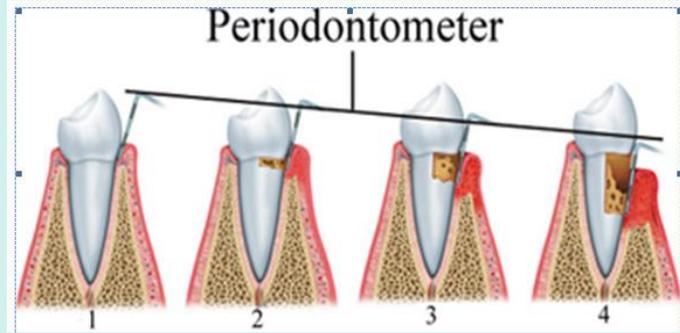
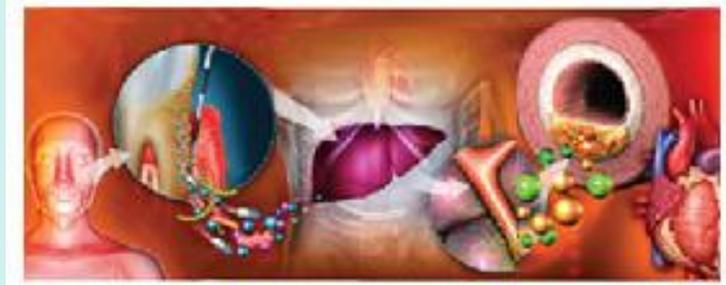


Image 2



**An elemental, but important diagnostic step for determining the presence of gum disease is what is known as periodontal probing, a technique taught to all dentists and hygienists while in school. During this process, the sulcus depth is measured with a sort of "dipstick" (periodontometer) that has millimeter markings. When the probe is carefully inserted to the depth of the sulcus (or pocket, if diseased), healthy depths are considered to be from one to three millimeters - with no bleeding.**

**No bleeding would mean that the skin within the sulcus is healthy and not raw, whereas if bleeding occurs during measuring, it would indicate a loss of skin due to the above described immune reaction caused by the bad bacteria within the biofilm. If biofilm persists within the space between the tooth and gums, it changes from a healthy sulcus to an unhealthy periodontal pocket.**

**As time goes by, the immune reaction turns into an infection that:**

- **Causes destruction of the attachment of the gum to the tooth, deepening the pocket. (Image 1)**
- **Destroys the supporting bone around the tooth, deepening the pocket more and eventually loosening the tooth. (Image 1)**

McBride he went right to work on showing me what other patients have gone through, what his assistant had and how the pain was cured within a few hours of wearing a device in her mouth. Then he went on to take about 50 different measurements and test within three separate evaluations. I look forward to the results within the next few days and to be free of pain in my right jaw."

- *Diane D.*

~ ~ ~

"Dr. McBride and his staff are the best! I've been a patient for years. His expertise is amazing. Dentistry is his passion."

- *Anonymous*

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"Dr. McBride did a perfect job. I had two mercury fillings removed at another "mercury safe" dentist, but he would not touch the third one I had because he said it was too large and removal would fail therefore require extraction. Well, the other dentist felt safe working on the other two teeth and now I have one root canal and the other is extracted. Dr. McBride on the other hand removed the mercury filling very safely, with care and to do a complete job but not cause further damage, and explained the procedure every step of the way. He was patient with all my questions and honest. I highly recommend this dentist office!"

- *Dalia G.*

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"It's wonderful to have complete confidence and trust in your dentist and hygienist! We would (and do!) travel a good distance for the special care we get at McBride Dental!"

- *Diane K.*

- Allows the entry of bad bacteria into the blood stream to do damage to other bodily systems. (Image 2)

## The Oral Systemic Connection

We now have information that oral spirochetes have been found in the brains of many Alzheimer's patients. Could these pathogenic bacteria be a factor in dementia? Another example: The March, 2013 edition of the American Heart Association journal *Circulation* cites groundbreaking research showing the direct connection between oral pathogens (associated with periodontal disease and tooth decay) and acute heart attacks. It tells us that as many as half of heart attacks are being triggered by oral pathogens. Oral bacteria were found in every thrombus, and 30% had live oral pathogens in the clot!

A new patient entering the Dental Wellness Center does not have their teeth cleaned until a determination is made of the state of their gum health through a complete periodontal probing, as well as laboratory biofilm tests that show exactly the type and amount of the 1000+ species of bacteria that can reside within the patients' mouth. We have developed this approach based upon the following facts:

- 97% of patients entering the Dental Wellness Center bleed when measured.
- Over 70% of these patients have been receiving regular cleanings.
- Half of these patients have never been measured via periodontal probing
- Of those who have been measured, most don't know the significance of periodontal probing.
- One in seventy new patients indicates that they have ever been properly "coached" regarding effective self care.

Information supporting the Dental Wellness Center's mission of patient education via a thorough oral environment assessment prior to having a teeth cleaning:

- There are over 1000 species of oral bacteria, some good, some bad. There are more bacteria inhabitants in the bacterial types and their concentrations.

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"Always a wonderful experience!"

- *Chey Y.*

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"Beyond my expectations. Dr. McBride took a genuine interest in my oral and overall health and answered all my questions thoroughly."

- *Nancy S.*

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"Really great experience. , Never have I been treated with such respect and care compared to other dentists I've been too. Dr. McBride actually looks at what is causing my teeth problems and addressing that first. His more holistic approach looks at what is causing my teeth problems and addressing that first. His more holistic approach makes sense compared to what other dentists have told me in the past. I have a sense of hope that not only my teeth will become healthier but my lifestyle too."

- *Anonymous*

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"Thorough, informative and caring."

- *Deborah A.*

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"Always a positive experience. Loyal patient for over 20 years!"

- *Anonymous*

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"A wonderful team of professionals. I felt very at ease with the work I had done and also look forward to my future mercury extractions!"

- *Hannah S.*

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"Dr. McBride is a caring

- **Phase contrast microscopic biofilm analysis** offers the patient a reality as to the above by actually demonstrating to the patient what's happening in their mouth "live, on camera."
- **Proper coaching.** Oral biofilm, the main cause of bleeding gums can be removed by patients if effectively coached.
- **Salivary pH testing.** Protocols to change it can render oral biofilm to be less harmful.
- **90+% of dentists have contracts with dental "insurance" companies in order to be sent new patients. Dental insurance only provides benefits for cleanings and deep cleanings, not coaching/teaching time.**
- **New dentists out of school, on average are over \$300,000 in debt and need to provide services that have monetary benefits, therefore tempted to not "waste time" teaching patients.**
- **During a cleaning, hygienists remove both biofilm and hard calculus/tartar - a bacterial "home" that they manufacture and live within. Calculus needs to be removed, but if the patient were coached properly with agreed-upon accountability, the calculus wouldn't build up to the degree that it would had they not been coached - fewer patient appointments, a healthier patient both orally and systemically and a large monetary savings over time.**
- **Traditionally, a "cleaning" appointment can range from one half to one hour. During this time, the hygienist is expected to thoroughly remove all the tartar and biofilm from the patient's teeth in a skillful, comfortable manner. This is difficult to do if a patient has unhealthy, bleeding gums. The hygienist for the most part is removing the biofilm that the patient could do themselves if properly coached. If the hygienist has some time left after the cleaning, she may offer some limited home care instructions. With this scant time allotted to teaching with the bulk of the appointment allotted to cleaning teeth, which of the two does the patient think to be more important - the cleaning or teaching? Might it leave the patient thinking that the cleaning is of more importance for their health than the teaching about self-care- after all, they spent time in the chair and paid for a "cleaning." This fits in with the medical**

and knowledgeable person. His office and staff are top-notch. I am glad I found his practice."

- Dannette M.

~ ~ ~

"Very informative and educational first visit. Everyone in this establishment who I had the pleasure of meeting was extremely kind and patient with all my questions. Robert McBride is a talented and innovative dentist who wants to heal the cause of his patients dental woes rather than just what appears at the surface. I would recommend him to anyone who wants to improve their oral and physical health."

- Anonymous

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"I recently removed the mercury in my teeth and the whole process with Dr. McBride was excellent. I received tons of information and was thoroughly educated before the procedure. Dr. McBride takes great care to ensure his patients don't deal with any unnecessary pain or discomfort. The Novocain shot he gave me was probably the easiest and most painless shot I've received from a dentist. The mercury procedure went well with little to no pain. I felt I was in good and safe hands the entire time. The entire staff is very friendly and professional. I highly recommend anyone to visit Dr. McBride if you really want to maintain a healthy lifestyle and real dental care."

- Shukry C.

~ ~ ~

"I know so many people who complain about going to the

sickness model, where the provider is seen as more responsible for the patient's health than the patient.

- It all starts with the philosophy of the dentist - is the focus of the practice mainly on repairing/replacing the results of dental disease, or prevention through discovering their causes? For most dental patients, a hygienist cannot successfully coach and properly clean teeth in a traditional ½ to one-hour allotted appointment. It is somewhat counter-intuitive, as the hygienist is mostly removing what the patient could themselves if properly coached. By their very nature, one half to one hour cleaning appointments deny emphasis on prevention and simultaneously treating their results seems a bit oxymoronic as well - why not just teach the patient in the appointment? Because insurance pays only for cleanings, not for the time it takes for effective coaching and a cleaning too - and it all supports what patients have come to expect as they have been so conditioned - a cleaning.



SOCIAL MEDIA FUN



Jazzy just had her teeth cleaned, and yes she loves her mom, Janell.

dentist and I don't understand why they haven't found the right dentist. Dr. McBride has been my dentist for over 20 years...knowledgeable (continuing dental education is his mantra), friendly, kind and concerned for the well being of his patients. His hygienists are well trained, attentive and attuned to the needs of the patient. I'm proactive about mouth maintenance and Dr. McBride and his staff partner with me to stay healthy and happy and minimize any dental problems that might occur.

- *Anonymous*

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"Dr. McBride is an artist and regularly works miracles! His staff are the best!"

-*Barbara R.*

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"Efficient, friendly, good job."

-*Cathy B.*

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"The staff was very pleasant and the visit was extremely thorough. All steps of the consultation were explained to me in detail and I was educated on what the purpose of the analysis would be used for in the long-term to better my bite. I am excited to continue visiting this office."

-*Anonymous*

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"I found him to be incredibly informative and mentally sharp with facts. His transparency and openness during my meeting was totally refreshing. But the best thing was that I could see that the doctor is passionate about and loves what he is doing. Helping people to health!"

-*David S.*

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Dena has been a patient since 1976.



Tadan and Jody -  
Check out their You Tube *Tickle and Jumpy*.

"Very professional and gentle when Janell does my dental cleaning"

-Merida L.

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"Best dentist I have ever been too. No worries about wondering if he's doing extra for money, like most other I've been too. McBride really cares about saving your teeth. I have caps still good for over 30 years. I'll never see another dentist. He's a work of art. I would rate McBride a 10+ if I could."

-Joyce B.

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"Dr. McBride is simply the best. He holds himself to a very high standard - no shortcuts here! He takes the time to educate me as to why he recommends a particular course of action so that I always feel that I'm a part of the decision. He is warm and caring, which quickly helped to minimize my fear and build a trusting partnership. I highly recommend him!"

-Joann D.

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"Your team are experts in dental health!"

-MicheleJoy D.

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"Awesome as always!"

-Leslie M.

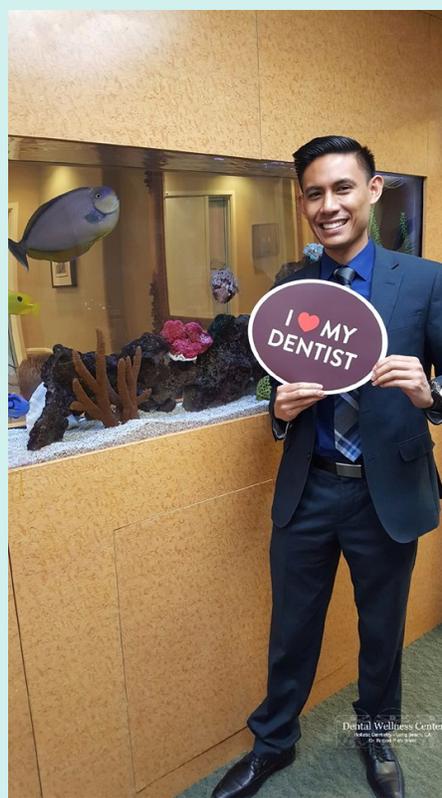
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"Teeth have never felt so clean."

-James M.

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"Always a pleasant experience. Great Plus...when I arrive at my dental appointment time, I don't need to wait long to be seen. Unlike some other dental offices you have to wait, sometimes a couple of hours, before you're seen by the dentist. And then, at



Patient Perry loves his dentist!



Patient Dalai is on her way to becoming Mercury Free!

those other dental offices, you still have more waiting time while sitting in the dental chair before you actually have your appointment. Thank you Dr. McBride for your excellent dental practice!"

-Ana Marie E.

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"This was a great experience for my son. He had two fillings without needles or chemicals and it was completely painless. Just a little sandblast and the fillings are amalgam and metal free and also bpa free."

-Trent G.

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"AMAZING!"

-Caden S.

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"In my experience, there is no other dentist quite like Dr. McBride. His knowledge and dental precision makes him a leader in his field! Thank you Dr. McBride and his wonderful staff."

-Quinton D.

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"Great service as always."

-Edward Mc.

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"Have seen Dr. McBride since 1978 and have always been very happy with the quality of his work. His hygienists have been wonderful."

-Kathleen T.

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"Friendly, caring and informative."

-Deborah A.

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"Love it here!"

-Anonymous

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"Went to office hygienist for



Maya just had two fillings done.



Check out Ryan's YouTube  
HappyHealthyVegan



my cleaning, as usual, the office is comfortable, clean, friendly and efficient! I love Janell she has such a gentle touch!"

-Kathy W.

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"Awesome, as usual"

-Luelinda T.

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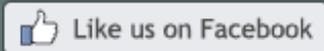
"Dr. McBride is excellent. His personal touch and time surpasses any other practice you can possibly go to."

-Eric P.

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"Professional and caring."

-Anonymous



CPR at the Dental Wellness Center



Always Prepared

Too cute- the Unger sisters were in for a visit.



TMJ patient Eva is pain free after 4 months with Mago Therapy!



Patient Karen McBride truly loves her dentist!



Benny has been a DWC patient since childhood.



Patient of the Day -
Susana with "Buddy" our Blowfish.



We love our patients!



Patient has a healthy and beautiful Smile!



Family time with mom and the Goble kids in the activity center.



Great job Amanda!
We love our patients at the DWC!



Dr. Luelinda Tomlin, local Optometrist and patient of the DWS since 1976.



Patient Evan Morris thinks Dr. McBride is a Boss!



Lincoln had a filling and now...

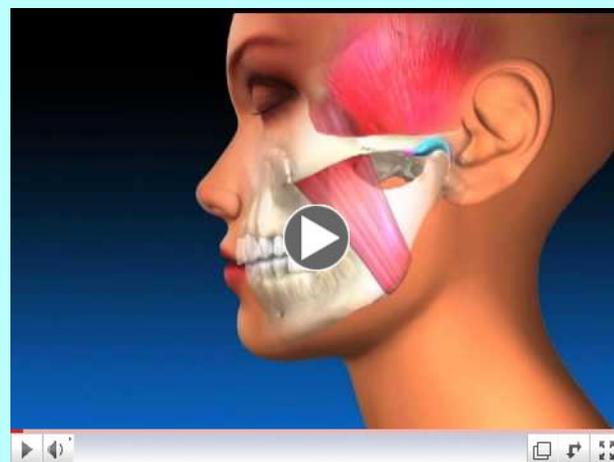
INFORMATIVE VIDEOS

Pain Free After Decades of Pain: Patty Ortloff Patient Testimonial



Patty Ortloff Testimonial

Bio Sue: A look at why a healthy jaw/bite relationship is so important and what can be done to quickly relieve pain with a device/treatment called Mago Therapy.



Bio Sue - OBI Foundation

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

