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DENTAL WELLNESS* NEWSLETTER



Note from Doc

Winter is a time of reflection. For us at the Dental Wellness Center, this year has been one of learning and growth. Learning through the courses we have taken. Growth through applying technologies, new and old, that allow us to give our clients optimum health-centered care. We also have grown through learning from each other, as we are a team with unique, complementary talents. We are appreciative of the great feedback from those we serve, and are excited about what lies ahead as we continue to improve our services.

Dr. McBride



On Guitars and Mouths



One of my patients is a master guitar maker. We had an interesting conversation about the different “personalities” guitars seem to possess even though they are fabricated through the exact same methodology using the same materials. I understand that this happens with other musical instruments & even with trains and steam engines. He said that he can create guitars that personify the personalities and playing modes of their future owner.

We also spoke of the drive to continue one’s studies, as there is always more to learn. This made me think about how, through the years, I have discovered the unique differences in peoples’ teeth, mouths, jaw joints, habits and personalities. Our conversation also brought to mind the importance of recognizing the influence these factors play in providing optimum treatment for each patient.

I have completed over 4,000 formal hours of post graduate training resulting in a Fellowship and Mastership in the Academy of General Dentistry. I am also a member of several dental organizations and study clubs. With all of this training, education, and experience I have come to realize more and more the wonder of the dynamic intricacy of the components within and surrounding the teeth and mouth. No longer can I look at the teeth and adjacent areas individually. I now see my patient’s mouth as a dynamic, functional and esthetic system that lies within other systems coincidentally influencing each other. When things go awry within any one of these systems, symptoms such as migraine type headaches, neck pain and accelerated tooth wear can occur, any of which can influence one’s comfort, physical health and appearance. I also have to consider the effect these factors have in tooth decay and gum disease, and how the latter can influence one’s general health. So, it has become a self-mandate for me to teach my patients about the strengths and weaknesses that may lie within their oral systems. This is done through proper record taking, diagnosing and then sharing this information with the patient so that they can make informed choices regarding their treatment options.

It is interesting to note that the origin of the word “doctor” is from that of “teacher,” in several languages. In order to teach my patients, potential patients, professionals and all interested parties about the benefits of dental health and what we have to offer in our office, I am giving monthly Power Point presentations. My goal is to offer information so that each person will gain an understanding of the uniqueness and interplay of the various components of the mouth as a system. In this manner their dental and physical health can be optimized, and through this knowledge assume a mastership of their own oral health.

TREATMENT SUCCESSES

A few years ago, a patient came to me with head and neck discomfort and had been on pain medication for 12 years. She had undergone extensive dental treatment, including orthodontics, jaw repositioning surgery and 10 porcelain veneers. Also, she had had several bite adjustments that made her problem worse. We treated her in a non-invasive manner for over 9 months until she was pain free, with no need for pain medications. I then treated her by means of a full mouth Bioesthetic rejuvenation using the latest porcelain technology, maintaining the developed health. She is now comfortable, with full function and a beautiful smile.



On Meds

No Meds

Inside this issue

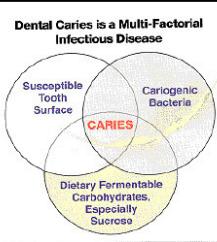
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* Wellness denotes health, and true health is based upon sound relationships bounded by mutual trust and respect between practitioner, staff and patient. It is an attitude that involves learning and development of common goals for prevention and treatment.

Fighting



Cavities



Tooth decay is the disease known as caries or cavities. Unlike other diseases, caries is not life threatening & though it affects most people to some degree during their life, it is highly preventable.

Tooth decay occurs when teeth are frequently exposed to foods containing carbohydrates (starches and sugars) like soda pop, candy, ice cream, milk, cakes, and even fruits and juices. Natural bacteria live in your mouth and form plaque. The plaque interacts with deposits on your teeth from sugary and starchy foods to produce acids. These acids damage tooth enamel over time by dissolving, or demineralizing the mineral structure of teeth, producing tooth decay and a weakening of the teeth.

The acids formed by plaque are somewhat neutralized by simple saliva in your mouth, which acts as a buffer and remineralizing agent. Dentists often recommend chewing sugarless gum to stimulate salivary flow. However, though it is the body's natural defense against cavities, saliva alone is not sufficient to combat tooth decay. The variables that exist to be able to control decay are: Modification of diet, scrupulous brushing and flossing, and mouth rinses to remove and curtail the action of plaque. Also, fluoride rinses and fluoride toothpastes strengthen the enamel surface against bacterial acids.

Another tool for a decay-fighting arsenal is chewing xylitol gum directly after meals. Xylitol is a naturally occurring substance that tastes like sugar and has no after-taste. Some sugar-pretenders, like Aspartame (Equal) are decay-neutral. They don't cause decay but they don't prevent it either.

Scandinavian research has shown for many years that xylitol actually reduces the incidence of tooth decay. Study participants chewed one or two sticks of gum containing xylitol for five minutes three times a day after meals. Average decay reduction was 62%! The results are probably a factor of the gum chewing stimulating the flow of saliva as well as the nature of the xylitol itself.

WHAT IF A TOOTH GETS KNOCKED OUT?



Even the best techniques sometimes fail to permanently save the tooth, but here are some tips:

1. If the tooth is one of the four front baby teeth (deciduous teeth), there is NO NEED to reimplant it (i.e., do not replace it in the socket). Front baby teeth do not hold space for the adult teeth that will begin to erupt at age six, and the early loss of one of these teeth rarely causes harm to the adult dentition.

2. If the root of an adult tooth is broken, (especially if part of the root remains in the socket) reimplantation is not possible. Any attempt will fail. This means that the trip to the dentist, though necessary, may be put off until it is convenient. The only things a dentist can do under such circumstances is to prescribe antibiotics, and to place artificial bone in the socket for possible implant placement at a later date. This is generally best done under the auspices of an oral surgeon or a periodontist. These specialists have become the de-facto implantology specialists.

3. It must be reimplanted in the socket within 60 minutes if it is to have a reasonable chance of working. This may be done at the site of the accident by any adult including the patient himself provided the tooth is fairly clean and provided it slips back into the socket easily with light finger pressure. If the tooth is dirty, simply have the patient remove all dirt with their own saliva. Have the patient suck fairly hard on the tooth. Be sure that the patient spits out blood and debris after each sucking action. This removes dirt and will hopefully dislodge any clot that may have formed in the socket making it easier to re-implant the tooth. See a dentist ASAP.

4. If the tooth cannot be reimplanted into the socket, place the tooth between the cheek and top back teeth. This is not advisable for a child, so place the tooth in a cup of fresh milk with any fat content, or clean saline (salt water—1 1/2 teaspoons of salt in 4 cups of clean water). Transport the tooth and patient to the dentist ASAP.

Team

News

Presentations

We have been taking our show on the road! Besides our monthly Doc's Talks, Dr. McBride has been asked to speak before several groups, including the local Dental Society. This is our way of getting the message out there on how we deal with problems such as cavities, dental implants, gum disease, and treatment of bite-related head and neck pain (TMJ), to name a few. We now have a schedule of in-office "Doc's Talks" on our website, www.rpmdentistry.com, so be sure to check these times if you would like to learn more about any dental topic.



Seasonal

Drawings!



Congratulations to Colette Freeman for winning the Apple Harvest Basket, and to Georgeanna Clymer for winning the Halloween Drawing. Be sure to get your name in for the Holiday Drawing.



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

