



## Note From Doc

### Winter Dreams

The color of springtime is in the flowers, the color of winter is in imagination.

~Terri Guillemets

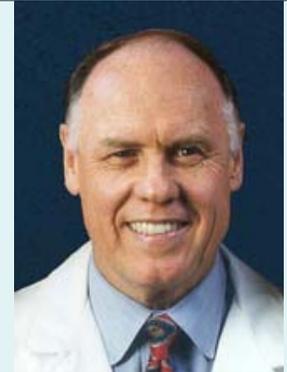
The Dental Wellness Center started with a dream of its patients achieving optimum levels of health through developing trusting relationships with a select group of talented team members who shared in that dream. That dream has become a reality. We all wish you the best of health in the New Year!



## Villainous Vapor

As dental students we were taught that mercury in fillings were safe. We were told that when mercury is mixed, or amalgamated with other metals for filling teeth, it hardens into a substance that is safe for the patient. This is the same position taken today by the American Dental Association with the largest dentist membership in the U.S. As students, we went along with this as all good students do, as well as continuing to think this way in dental practice. Moreover, there was no other material to use for the repair of back teeth at that time aside from gold, which would be quite expensive, especially for patients that continued to develop a lot of decay. It is interesting that they are commonly called "silver amalgam" fillings when there is twice the amount of mercury in them as silver.

It wasn't long after dental school that I learned while mercury may look different when it is mixed and hardened with other metals, while being placed in a patient's tooth its vapor is emitted in large quantities - as well as when they are being removed from teeth - "details" that were missing in our dental education and still not given credence in traditional dentistry. I learned that when amalgam fillings are placed - or removed - well over 2,000 micrograms (mcg) per cubic meter (m3) of mercury vapor diffuses into the surrounding air that is breathed by the dentist, assistant and the patient in the immediate area, and to a lesser degree throughout the office. This is well



### TOPICS:

"VILLAINOUS VAPOR"

"QAULITY and SAFETY"

TESTIMONIALS

DR. MCBRIDE'S NEXT PRESENTATION

### QUARTERLY QUOTE

*"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home." ~Edith Sitwell*

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## TESTIMONIALS

### "Stunning Amalgam Removal"

"2 giant mercury fillings OUT. 4 smaller to go. So happy to have found a dentist I trust with this serious procedure. I actually sat in Dr. McBride's chair during this visit feeling no fear or

over 20 times the current Occupational Safety and Health Administration (OSHA) permissible exposure limit (PEL) of 100 micrograms per cubic meter in air\*.

Around this time there were other materials being developed for use in the repair of teeth and I discontinued the placement of mercury fillings in the mid 1980's. This was great news for my new patients, my staff and myself as we didn't have to breathe mercury vapor anymore during their placement, but how about when they needed to be removed when replacing them with other materials? A well-placed rubber dam would eliminate the drilled out mercury particles from getting into the patient's mouth, but how about the mercury vapor that we all would be breathing during the process? That is when I decided to develop a 3-way oxygen breathing system for the patient, my assistant and myself to be used during amalgam removal procedures. Soon realizing that any amount of mercury is unhealthy and that its effects are cumulative, other precautions we've developed are:

- A high volume vacuum system that is placed in front of the patient's mouth to take away mercury vapor.
- Protective patient eyewear.
- Mercury vapor absorbent cream used around the treatment area perimeter..
- Protective disposable gowns for patient, doctor and assistant.
- Mercury separator to keep the removed mercury from getting into the waste water and our environment.
- Vacuum system plumbed so that the air is vented to the outside, not back into the office as it is with all vacuum systems.

These precautions are representative of the many health considerations within the holistic outlook shoring the foundation of The Dental Wellness Center.

\* "The current Occupational Safety and Health Administration (OSHA) permissible exposure limit (PEL) for mercury vapor is 0.1 milligram per cubic meter (mg/m<sup>3</sup>) of air as a ceiling limit. A worker's exposure to mercury vapor shall at no time exceed this ceiling level."

<http://www.osha.gov/SLTC/healthguidelines/mercuryvapor/recognition.html>



## Quality and Safety

In addition to being mercury safe, there are several technical and procedural precautionary measures employed in The Dental Wellness Center that go beyond the usual. One of these is a special turbine air compressor that runs all our working equipment, such as the hand pieces and air/water syringes that spray and dry the teeth. With the advent of adhesive dentistry, such as bonded tooth-colored fillings, veneers, etc, it is especially important that there is no trace of moisture or oil in the air from the compressor. Any trace of such will degrade the adhesive capability of the material causing it to eventually come loose, or stain developing between the material and the tooth from lack of adhesion. Years ago, when my "old faithful"

worry, just gratitude for having found such a competent dentist."

- Elaine S..

### "Dr. McBride is magnificent First time no pain!"

"I had two teeth worked on yesterday. This is the first time in my dental experience (50+ yrs) that there was no pain with the shot or during the procedure! I was surprised...I told Dr. McBride I am very sensitive and in the past have had repeated shots of Novocaine during a given procedure. He told me it was all about the size of the needle(small) and the care and time administered. It was the longest(in time) shot I can remember and yet there was no pain during any of the procedure. A miracle!"

-Marion W.

### "Best Dental Office Ever"

"Everyone in this practice is stellar. It's strange to not dread going to the dentist!"

-Susan M.

### "Preventive Care"

"Great visit! Timbrey, one of the most professional, detailed Hygienist ever experienced. I highly recommend Dr. McBride and his staff of highly trained and conscientious professionals."

-Sharon M.

### "Mago Therapy"

"I received my MAGO appliance yesterday at Dr. McBride's dentistry and am so grateful to Dr. McBride and his staff for working so hard at making me comfortable during the visit! Dr. McBride spent a

piston type air compressor died, I decided to invest in a unique piece of machinery - a turbine type compressor called the T Bolt III. I had researched all the data I could find on air compressors and found that all piston driven air compressors emit a moisture condensate of oil and water that can even get through dryers placed in the lines. The T Bolt III was developed by Frank Luckman, an ex-pilot who flew P47 Thunderbolts in WW2 and F84 Thunderjets in Korea. He had a machinist background and realized the potential of turbine technology being applied in the field of air compressors. Luckman's T Bolt III turbine air compressor was more expensive than the highest quality piston-type compressor, but it had exactly what I needed. It filtered out all bacteria and a high range of viruses - and it was moisture and oil free. It was also much quieter than a piston type compressor. I have been using this compressor for over 15 years now and have not had any problems with it. The extra cost of the compressor was a small price to pay for the peace of mind I have in knowing that my treatment efforts are not being sabotaged by unseen moisture, oil or bacterial contamination. This is just one of the many examples of how we can assure our clients that quality & safety remain at the forefront when it comes to the care that is rendered daily in our office.



**CHEERS....HAPPY NEW YEAR!!!**

**Dr. McBride and team wish you and your family a healthy and happy 2012!**

**Here are seven steps to help you achieve the goals you set for the year:**

### **THE SEVEN KEYS TO GOAL ACHIEVEMENT**

Once you have written down your goals and developed a clear idea of what you want, you still have to get there. They are the crucial elements from start, to implementation, and to achievement of your goals to make your goals a reality. The main ingredient is to take action. It is vital to your success.

#### **1. Desire**

It all starts with a dream, a desire to have or accomplish something. If you don't want it, then why bother going after it?

#### **2. Belief**

In order to accomplish or acquire something, you must possess the beliefs that it is achievable and worth pursuing. Reaching this goal must not conflict with your values, and no one will be harmed or adversely affected by it. You must possess the belief that you are capable of achieving it, and that you can learn whatever is necessary to accomplish it.

#### **3. Knowledge**

lot of time and effort adjusting the device to ensure it felt secure and as comfortable as possible. I know I am in great hands and look forward to much success with alleviating symptoms! Many thanks!

*-Theresa H.*

#### **"Dental Visit"**

"Dr. McBride determined that the discomfort in my mouth was not dental related. I would not trust my dental health to anyone other than Dr. McBride. The quality of the care and education he provides is excellent and complemented by helpful and courteous staff."

*-Roger J.*

#### **"A 5+ Star Experience"**

"As Always, my visit to Dr. McBride's office was warm, friendly, informative as well as rewarding."

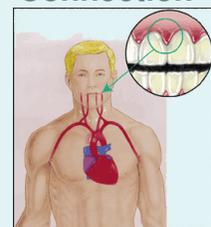
*-Anonymous*

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*"There is no finer gift than the referral of your friends and family."*

## **Doc's Talks**

### **"Mouth-Body Connection"**



**By reservation only**

**WHO:** Dr. Robert P. McBride and our special guest Dr. Susan Sklar.

**WHAT:** Robert McBride, D.D.S., M.A.G.D. will be sharing his valuable message about the importance of oral health (gum disease, TMJ's,

You need to acquire the knowledge and information that you will need to accomplish or achieve whatever it is you are attempting. This means learning the "how-to" of what you want to do. You will also need to read about, listen to, and model someone who has already done what you wish to accomplish in order to learn the mental strategies that are necessary to accomplish this goal.

#### 4. Opportunity

The opportunity must exist for you to take action. Is this something that you can do now? If not, when? Are there external (or internal) factors that are getting in the way?

#### 5. Vision

In order to accomplish the goal, you must have a clear idea of what it is that you want, and create a compelling internal representation in your mind that you can "see" vividly. You can also use external pictures of your goal that you review daily. The better you can visualize your goal and its achievement, the better your chances of getting it.

#### 6. Planning

Devise a concise plan for the achievement of your goal setting long-term, short-term, as well as daily goals. Implement the use of a day-planner system to help you plan your time and to "track" your progress towards your achievement.

#### 7. Commitment

Stick to it, no matter what. You must be prepared to do "whatever it takes" (without hurting anyone) to accomplish your goal. Use vision and planning to create such a great picture of your goal that you fall in love with the thought of its accomplishment. Post the following statement up on your bathroom mirror and recite it to yourself every morning:

***"I will not give up, no matter how many obstacles I encounter, or how much pain I endure. Because these things are nothing compared to my desire to succeed."***

etc.) and how it is related to your overall health. Susan Sklar, M.D. will be talking about AGING: Natural Process or Lack of Prevention? She will show how a preventive care program can be safely implemented to slow aging, prevent chronic disease, and increase health and happiness.

**WHEN:** Wednesday, January 18th at 6:30pm

**WHERE:** Dental Wellness Ctr.  
5406 E. Village Road, Long Beach 90808

**RSVP:** 562-421-3747  
(seating limited)

[\*\*Click here to Register\*\*](#)

#### HELP ANOTHER AND

 [Forward to a Friend](#)

*Someone who has dental problems or fears, bad breath, unresolved headaches, neckaches, vertigo, or jaw pain, belly fat, high cholesterol, hormone imbalance, diabetes, arthritis, colitis, lupus, inflammation.*