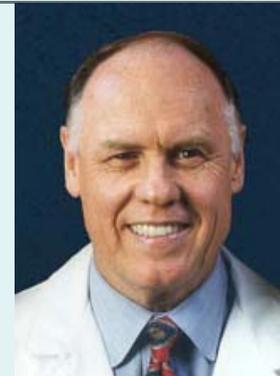




Note from DOC

"Winter is on my head, but eternal spring is
in my heart."
Victor Hugo

Of all the seasons, winter seems to possess the most distinctive of personalities, even in California where they are somewhat seamless. For me, winter is a mixed time of holidays, family, friends and also a



TOPICS:

[FEATURED ARTICLE](#)

[TESTIMONIALS](#)

[DR. MCBRIDE'S NEXT
PRESENTATION](#)

[THERMOGRAPHY -SAFE-NON
INVASIVE BODY IMAGING](#)

QUARTERLY QUOTE

"The best thing about the future is that it comes only one day at a time."
-Abraham Lincoln

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TESTIMONIAL S

"The hygienist did an excellent job. She was

time for planning on how I'm going to make the coming year even more distinctive than the last. 2014 has been a year of continued growth for the Dental Wellness Center as we have upgraded our facility, invested in new technology and improved procedures to support our philosophy of enlightening and improving the health of our patients!

**"If you love your patients,
you won't hurt them."**



Recently, one of my colleagues said this during her presentation to a group of fellow dentists and it really resonated with me. On looking back at my four plus decades of being a dentist, I can say that the healthiest transitions that have occurred with our patients, and the best treatment I have performed is on patients with whom I have developed great relationships. If one's primary purpose is to help people, you won't hurt them either emotionally or physically - you care about them to such a degree that you will always leave them better off than when they started.

The purpose of the Dental Wellness Center is to teach its patients about the status of their oral system to such a degree that they can make informed choices about its future. A corollary to the educational process that allows this to happen is the building of a relationship along an educational path that is based upon mutual respect, knowledge, trust, shared values and perspectives about disease and life. Does this involve love? Well sure, it's called compassionate love, something that any dedicated health care professional gives to the people he/she cares for. Truth is, the better the relationship developed between me and my patients, the more it will set the stage for allowing them to achieve the level of oral health that they desire. Call it love, or call it simply great rapport between doctor and patient, I have found that it sets the stage for a give-and-take in which two people develop a

professional, friendly and thorough."

-Roger J.

"He is the best no doubt about it hope he never retires."

-Charlotte T.

"Dr. McBride has a great bedside manner! He is kind and friendly and takes time to explain "dental lingo" to his patients which I much appreciate! He grabbed a pad of paper and drew a picture to help me understand what he was saying, I am visual and this helped me understand better understand what was happening in my mouth! The staff is very loving, positive experience overall :-)."

-Jennifer D.

"Everything went great!"

-Loretta S.

"I have been a client. for many years. The office staff is welcoming and all employees are professional and prompt.

The office has a very relaxing atmosphere and I enjoyed a cup of coffee.

Dr. McBride's work is worth every penny spent and my teeth are repaired with perfection. I've received many complements on his work. His new hygienist is wonderful as well."

high respect for each other, and there is no question that it will influence the utilization of information exchanged and quality of treatment performed in a way that maximizes patient success.

This needs to translate to the office team as well - if there aren't authentic sound relationships between the team and doctor based upon a bedrock of compassionate love and trust, it won't be there for our patients - it needs to be a coordinated effort - a mutual love and respect that breeds success!

My experience has shown me that dental success occurs when the passion of the practitioner towards professional and personal growth leads to learning processes between all team members that allow the patient to experience healthy outcomes. It has been said that rich people can't buy health, and the poor can't have it given to them. It requires a strong mutual interest, and compassionate love - between dentist, team and patient, all working together towards co-developed goals. All the ingredients of love are involved - respect, knowledge, trust, shared values, commitment and accountability, and it all starts out with an educational process; one that allows the patient and doctor to get to know each other so that the doctor can truly discover what the patient wants and then perform the best possible dental treatment with the patients' interests being first and foremost.

**Happy New Year!!
May 2015 be all you want it to be!**

-Deborah S.

"Methodical and trustworthy with a capable and friendly staff."

-Albert M.

"Staff efficient and friendly, the procedure was completed on schedule."

-Keith K.

"I was amazed at how far dentistry has come in the past few years and it is reassuring to see MY dentist, Dr McBride, at the forefront of it all. I was so pleased I could watch every step of the way with a mirror. I cannot tell where the original tooth starts and the filling, only begins. Amazing."

-Terry W.

"Excellent. Very satisfied!"

-Anonymous

"I always feel my oral health is in good hands at Dr. McBride's practice.

Thank you for your conscientious approach to the well being of your patient's total health."

-Ana Marie E.

"Professional and friendly, as always."

-Anonymous

"The most humble and thorough dentist I have



Rachel, Vanessa, Janell
Leanne, Doc, Gina



Dr. McBride's assistants Rachel and Gina

New years is the time, naturally, for life changing decisions. It is a major events in most people's lives, and is usually characterized with a resurgence of a positive outlook to meet whatever fate might bring head on. It also facilitates an excellent platform for most individuals to appreciate those they hold dear at heart, be it a husband, wife, girl/boyfriend, lover, a fiancée or even a close friend. In 2015 here at the Dental Wellness Center we want to let you know

been to and I have to at least a dozen in my lifetime."

-Leelee L.

"The staff and Dr. are very kind, knowledgeable, and do a thorough job. I love that they educate patients on how to take care of their own oral health."

-Jennifer M.

"Went for my regular dental cleaning, & the new dental hygienist was phenomenal (as was her predecessor)! Came out w/a clean bill of health, but she made sure to tell me exactly where I needed to floss more carefully and regularly. My dental & overall health consciousness has improved since coming to Doc years ago. Although I didn't see him this time around, I hope he never retires! He's like an artist, mentor & friend. And let's not leave out his great sense of humor. ;-)"

-Anonymous

"My experience today with Dr. McBride and his staff was better than any experience that I have had with dental care and I have had quite a bit. In the past, I have been very nervous and anxious, to say the least, during dental procedures, but that wasn't the case with these caring professionals.

how we appreciate our Dental Family. You help make our work enjoyable as we are honored and passionate to be here at your service.



Dr. McBride and his assistant, Gina, patiently and kindly explained each step and move that they made in the procedure and were gentle and considerate of how I was feeling throughout. I felt safe and comfortable in their professional care."
-Fredrick P.

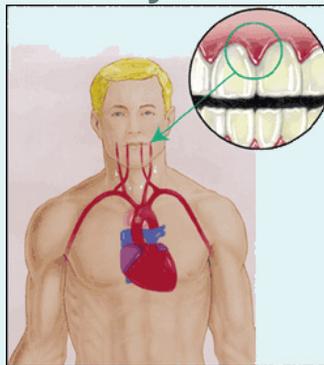
"Excellent work performed by the hygienist."
-Anonymous



Doc's Talks

By reservation only

"Mouth-Body Connection"



WHO:
Dr. Robert P. McBride

WHAT:
Discover the Mouth-Body Connection. Robert McBride, D.D.S., M.A.G.D. will be sharing his valuable message about the importance of oral health and how it is related to your overall health (gum disease, heart disease, TMJ; head/neck pain, vertigo, mercury/amalgam fillings, inflammation, Alkalinity, diabetes, etc.)

PRESENTATION TESTIMONIAL:
"Thank you for your focus on finding root causes, prevention, and education of patients. I am a holistic nutritionist and I am glad to have a great holistic-minded dentist to whom I can refer clients. I am looking for a new dentist myself!" -Lynda B.

WHEN:
Tuesday,
January 20th at 6:30pm

WHERE:
The Dental Wellness Center
5406 E. Village Road
(Bellflower and Carson)
Long Beach 90808

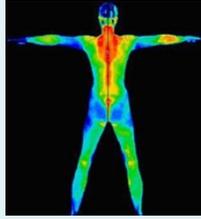
CALL:
Leanne 562-421-3747
(seating limited)

HELP ANOTHER AND

 [Forward to a Friend](#)

Someone who has dental problems or fears, bad breath, unresolved headaches, neckaches, vertigo, or jaw pain.

The Dental Wellness Center presents
SAFE Non Invasive Body Imaging
Thermography Screening Day



HOW DOES IT WORK?

Thermal Imaging (Thermography) is a completely SAFE, body scanning procedure that has been approved by the FDA, and many other leading Councils, Associations, and Academies in the medical field. This imaging technique provides valuable information about your current health. The DITI (Digital Infrared Thermal Imaging) camera scans the thermal patterns of your skin and converts them into an image. Our bodies were designed symmetrically, so by comparing and measuring the thermal patterns, we can identify signs of potential disease, especially pain and inflammation. This test can provide multiple clues to the health conditions within your body. It can detect early on, the precursors to many types of cancers, years before the cancer reaches a stage that becomes more serious to treat. Thermal Imaging (Thermography) is especially beneficial for breast health, because it can identify abnormalities 8-10 years sooner than invasive mammograms. The good news is, Thermography is SAFE! No radiation, No contact, No compression, No pain! This test should be the very first clinical breast exam a young woman has in her life, as early as 18 years old.

WHEN:

Saturday, January 17th

WHERE:

The Dental Wellness Center
5406 E. Village Road
(Bellflower and Carson)
Long Beach 90808

CALL:

Leanne 562-421-3747
(reserve your hour)

HELP ANOTHER AND

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Leanne Sabo
Dr. McBrides Office

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