

Fall 2016 Newsletter

Issue 30



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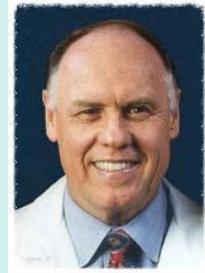


Quarterly
QUOTE



A Note from Dr. McBride

"Change is a measure of time, and, in the autumn, time seems speeded up. What was is not and never again will be; what is, is change." - *Edwin Teale*



As I look back and note all the changes that have occurred through the years within the The Dental Wellness Center, I am proud of the amazing levels of oral health that our patients achieve. I believe that this record is due to continual communication of the proper message that engenders mutual interest and trust needed to make it happen. We are all looking forward to many more changes ahead that will even increase the level of our patients' oral, and systemic health as well



Autumn carries more gold
in its pocket than all
other seasons.

- Jim Bishop

New Patient
Information Center



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

TESTIMONIALS



"I have been a patient for
over 35 years. Dr. McBride
is the best - outstanding
care with compassion,
warmth, integrity and a
commitment to the best
practices. I have the

The Reality of "Teeth Cleanings" and How to Effectively Change an Oral Environment

by Robert P. McBride, D.D.S., M.A.G.D.

Are Two Times a Year Enough?

Teeth cleanings have been a standard procedure in dentistry for the prevention and treatment of periodontal (gum) disease and tooth decay. They are usually performed twice per year. Their purpose is to remove both the hard deposits on teeth (calculus/tartar) that can't be removed by usual self-care methods and the soft material called "plaque" that is not removed by the patient and eventually turns into calculus/tartar. While it is important to remove calculus because it is full of damaging bacteria, the truth is that the main cause of periodontal disease is not the hard stuff, but the bacterial plaque itself. It causes an inflammatory response, resulting in the gum tissue adjacent to the teeth actually losing its skin, thus compromising the teeth-gum junction that is the main bodily gateway that keeps bad oral bacteria from entering our entire bodily system.

Leaky Gums become a Sieve

Because of this, "leaky gums" from periodontal disease is not only damaging in the mouth, but to overall health as well - and unlike a toothache, it rarely causes pain. Focusing on removing the soft plaque and hard material twice or more a year may not be enough for most people to maintain a safe level of oral health and prevent bad breath. It is a proven fact that the bacteria that cause gum disease constantly emit volatile sulfur compounds (VSC's), which is the main cause of bad breath.

utmost confidence in Dr. McBride and recommend him without any hesitation."

-Jan S.

"Dr. McBride and his assistant Rachel were amazing! They explained in detail what they were going to do, asked me if I was comfortable on a continuous basis, and I was impressed how quickly the dental procedure was completed. I was pain free the entire time, and I had no negative side effects. Their ability to communicate clearly with one another was impressive. I would not hesitate to refer Dr. McBride to anyone who is looking for a caring, knowledgeable and talented Dentist. Thank you both for your skills and talents!"

- Lesli R.

"Dr. McBride explains every step he takes, as he is working and shows you exactly what's going on in your mouth. No doubts left hanging which makes me feel confident and secure."

- Merida L.

"It was a very positive

The Reality of Oral "Bugs"

The significance of oral biofilm (bacterial plaque) in relationship to general health is being brought more and more to light these days, as research continues to show that oral bacteria are related to many health conditions. Recent groundbreaking research in the American Heart Association Journal shows the direct connection between oral bacteria associated with periodontal disease and acute heart attacks. The research tells us that as many as half of heart attacks are being triggered by oral pathogens (bad bacteria) found in dental infections (periodontal disease; dental decay; root canals) and are associated with the development of acute coronary thrombosis. Oral bacteria were found in every thrombus (clot), and 30% had live oral pathogens in the clot (Circulation March, 2013).

Similar findings were cited in the American Heart Association Stroke Journal, which cited similar results regarding clots in blood vessels that cause strokes (Stroke, February 2013). It is also a known fact that there is a reciprocal relationship between gums, diabetes and pre-diabetes. These conditions make the gums more vulnerable to poor gum health, and inflamed gums cause a rise in blood sugar and cholesterol.

Why a Dental Wellness Center?

The above-mentioned facts support the foundation of The Dental Wellness Center and the emphasis that it places on first assessing the specific type of bacteria that exist in the patients' mouths rather than just cleaning off plaque and tartar twice a year, which is a "shotgun" approach. It is a fact that nine out of ten new patients entering the Wellness Center have gums that bleed upon standard gum measuring. More than half of these patients had been receiving periodical cleanings! Somehow, somewhere along the way, patients aren't getting the proper information and care that is fundamental to developing a healthy oral environment.

experience. It was easy to see and feel that Dr. McBride and staff really truly care about their patients well being and improving their patients health and not just performing a procedure to perform a procedure. It was the first time education was the first step! I learned a lot about all the factors influencing dental health and how improved dental health improves overall health. I look forward to continuing to learn more and improving my dental health. In addition to being good dentists all the staff seemed like very genuine individuals!"

- *Anthony G.*

"I am very satisfied with my experience at the office of Robert P. McBride, D.D.S."

- *George G.*

"My experience at Dr. McBride's office is always very positive."

- *Rose L.*

"Always on time, great friendly staff, great office."

-
Anonymous

Things to consider in the development of a healthy oral environment:

* **pH testing** pH is a numeric scale that indicates the relative acidity - alkalinity of the mouth, which is reflective of the entire body. Neither decay nor gum disease can thrive in a neutral or slightly alkaline oral environment. A majority of the Wellness Center's new patients have an acidic oral environment.

* **Oral Biofilm testing** Bacterial plaque samples are taken from between the teeth and gums, cheeks and tongue and sent to a laboratory for analysis. There are over 700 species of oral bacteria, some of which are not only damaging to the teeth and gums, but as indicated, can travel to other areas of the body.

* **Proper nutrition/supplementation** The body needs to receive proper nutritional support for the maintenance of a healthy immune system. The United States Department of Agriculture states that 9 out of 10 Americans are deficient in potassium; 8 out of 10 are deficient in vitamin E; 7 out of 10 are deficient in calcium; 50% are deficient in vitamin A, vitamin C, and magnesium. These nutrients are needed to maintain both general and oral health. Without these nutrients as part of a plan to help patients who are nutritionally deficient, how can any dentist expect a patient to heal and stay healthy? This is especially true for those patients undergoing extensive dental treatment, as they tend to eat soft, less nutritious foods when recovering from dental treatment. The Wellness Center offers scientifically tested nutraceuticals that support the body's immune system, as shown by actual double blind studies.*

* **Effective self-care coaching** One in fifty new patients relate that they have actually been coached** in daily oral self care, mainly having been given lip service, perhaps shown how to brush and floss on mouth models if they are lucky.

These are some aspects that distinguish a Dental

"Janell is an excellent hygienist."

- *Nancy E.*

"No waiting and they also take the time to explain everything they are going to do and answer any questions before doing any dental procedure."

- *Tim S.*

"Dr. McBride and his staff were very thorough and not rushed but rather explained every procedure they were doing. I also did not have to wait in the waiting because he doesn't overbook patients."

- *Tim S.*

"The very best."

- *Harry M.*

"I have been to few dentists that are this dedicated to the health of your mouth and everything it effects. I didn't feel pressured into doing anything that I wasn't fully

Wellness Center, which focuses primarily on patient education and diagnosing the causes of dental problems, rather than mainly treating their results. Through the years, it has been discovered that most of the Wellness Center's new patients' dental problems stem from what they don't know about their mouths, simply because they haven't been properly taught.

Real Differences That Challenge Assumptions

While teeth cleanings are still an important aspect of oral health, they are only a singular component of developing and maintaining a healthy oral environment. Gums that bleed upon measuring are simply not healthy. In order to halt the bleeding to shore up the main bacterial gateway into other bodily systems, it is essential to know beforehand how many gum pockets and bleeding areas there are, as well as the amount and type of oral bacteria causing it and the ph of the environment that they are living in.

Our assessment information provides us with tools used in the development of individualized treatment plans that not only stop the bleeding, but improve our patients' general health. These plans include cleaning the teeth along with the use of mouth rinses developed to deal the specific bacteria cited in the lab tests, as well as providing proper nutritional supplementation and effective self-care coaching. Cleaning teeth twice or even four times a year alone might be like washing a car with some underlying areas of rusted out metal - it may look good and feel better to drive for awhile, but it won't solve the continuing underlying problem. This is why we don't clean teeth immediately as a first step.

The information we gain through your medical and dental histories, along with the various assessments made along the route to learning about your oral and general health, leads to preventive and treatment processes that address your unique situation. You will become healthier, both orally and overall - and most

comfortable with or in full understanding of. He gives you resources to research if you need to make a big decision (should I have a root canal or alternative, what kind of material is right for me, etc.) He is very thorough in his examination, keeps you informed and kind while he's doing it. This is clearly his passion, not just his job. He takes his oath to do no harm seriously."

- *Dalia G.*

"Great."

- *Jerry W.*

"I appreciate the timely, friendly and professional experience I receive. Thank you Dr. McBride and all the staff!!!"

- *Quinton D.*

"I always enjoy my time with Dr. McBride. I get good information and good directions. We have a long history of trust and painless dental visits."

- *Edna G.*

importantly, you will know the reasons why.

* <https://pharmaden.net/wp-content/uploads/2016/02/pharmaden-reasearch.pdf>

****Coach: "A method of directing, instructing and training a person with the aim to achieve some goal or develop specific skills."**

Upcoming Events



Cause of Disease = Lack of Oxygen

Do you, or do you know of anyone who:

- snores? has Obstructive Sleep Apnea?
- can't stand their CPAP?
- is tired of their jaw-forward pulling dental device?

If so, we have a solution for Snoring and Obstructive Sleep Apnea that is at least as efficient as CPAP treatment, but amazingly more tolerable. To learn more about this exciting and effective new protocol, make a reservation now.

Presented by Robert P. McBride, D.D.S., M.A.G.D.

Tuesday, October 18th
at 6:30pm
(By RESERVATION ONLY)

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

CALL

Leanne at (562) 421-3747 to Reserve Your Seat!
Seating is Limited!



"Excellent as usual. It is always a pleasure to visit their office; professional, clean, friendly. I refer people all the time and am glad to do so."

- Luelinda T.

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"Dr. McBride was very informative and knowledgeable about his craft. Thank you! I can't wait to see the finished product.:"

- Veronica C.

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"My cleaning with the hygienist went very well. Not only did she do a great and pain-free job of cleaning and removing plaque, but she also took the time to explain the procedures I should be doing every day at home and the best natural products to use. Lastly, I have never had to wait more than 5 minutes once arriving for my appointment."

- Tim S.

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"As usual, Dr. McBride and staff were superb."

- Susan M.

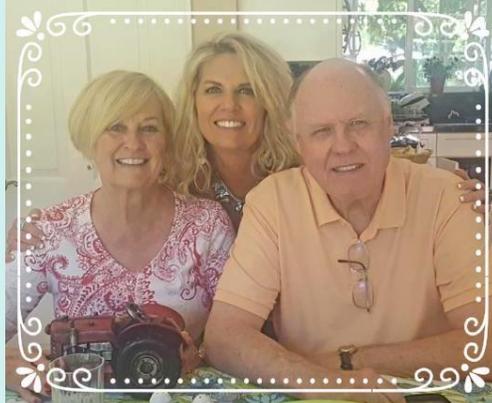
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"Had my teeth cleaned yesterday. Janell promptly asked Dr. McBride to come in and

For more information and to Register [CLICK HERE.](#)

 Forward to a Friend

Summer Birthdays Leanne McBride-Sabo



*Karen, Leanne, Doc Dad
born July 1st*

To my parents:

Thank you for life and all that you do! xoxo

Cindy Vandruff



born August 4th

Your team appreciates all you do to serve

see me. Within minutes of finishing my cleaning, I was in a different room getting the minor adjustment I needed. I was slipped in between patients, and I appreciate the quick reaction and service I received. Everyone in the office is so nice and accommodating. I love this place, and that's not easy to say about a dental office!"

- Anonymous

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"I was very pleased with Dr. McBride's time, honesty and thoroughness. He has a passion for learning and teaching and it shows in his practice."

- Christine K.

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"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

*others.*

*Dr. McBride, Rachel, Janell, Leanne*

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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)

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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 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's Dental Wellness Center - the Holisitic Approach to Mind-Body-Healthy



(562) 421-3747, Dr. McBride's Office, 5406 Village Road, Long Beach, CA 90808

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