



Note from Doc

Summer can be hot, but only lukewarm compared with what's going on in our office. The Dental Wellness Center is now also a Center For Dental Medicine. The practice has invested in protocols and equipment to allow our patients to be the recipients of the latest periodontal screening, preventive and treatment protocols available anywhere. Now that's so cool, it's hot! 😎

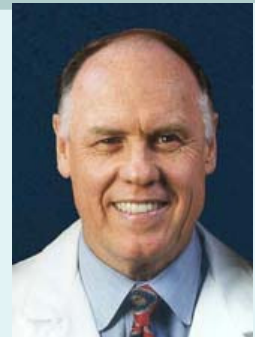


Center For Dental Medicine

Along my professional journey I have been fortunate to have met some of the most talented and passionate professionals on the planet. They are exceptional in that they are searching for and abiding by truth rather than what might be commonly accepted or the latest hype. They don't have time to wait around and find out when (or if) the rest of the pack will catch up. These pioneers are relatively few in number, as well as the organizations that have been spawned based on these truths. One of these is called Centers For Dental Medicine.

I have been invited to join this exceptional collegium of like-minded professionals who recognize that periodontal (gum) disease poses not only a threat to keeping one's teeth, but more fundamentally is a factor in many systemic health problems such as diabetes, strokes, coronary artery disease, pregnancy problems, low birth-weight babies, premature births, respiratory diseases, dementia and rheumatoid arthritis. Research is mounting daily supporting the validity of the oral systemic relationship. By being a Center For Dental Medicine, our practice, along with almost 100 other Centers nationwide will address periodontal disease with state of art testing, treatment and preventive protocols. At the same time we will be collecting the results of our patient periodontal health improvement results and contributing them along with those of all the other Centers for ongoing research. For example, we will be using periodontal disease susceptibility tests that determine whether a patient's plaque contains *Treponema Denticola*, *Porphyromonas Gingivalis* or *Bacteroides Forsythus*, three anaerobic bacteria highly associated with adult periodontitis and found coincidentally within the inner lining of blood and heart vessels, not to speak of their role in malodor (offensive breath). We will continue to do blood testing before and after our periodontal health programs as we have (blood glucose and hsCRP) as well as using a special laser that is painless and effective in killing these dangerous organisms that live under the gums of patients found to be susceptible.

It will also offer communication avenues with M.D.'s and other health related



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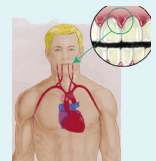
Quarterly Quote

"Life is a great big canvas, and you should throw all the paint you can on it." DannyKaye, 1913-1987

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**Dr. McBride
On The Go**

**Mouth-Body
Connection**



By reservation only

professionals. We are all excited to be part of a small, but growing organization that will come to be the recognized pace setter for the oral systemic connection, as well as being affiliated with like-minded professionals who are open to communication and will be contributing their results and discoveries along the way.

High Energy Drinks Are Highly Acidic And Contribute to Tooth Erosion



Sports drinks offer a boost all right, but probably not the kind you want.

Dental researchers at New York University recently found that longtime consumption of sports drinks may increase tooth erosion.

Because of the drinks' levels of acid, the smooth, hard enamel coating becomes eroded with repeated exposure, seeping into the bone-like material below, weakening and softening the tooth. Severe tooth damage or even tooth loss, if left untreated, can occur. One in 15 Americans are affected.

"This is the first time that the citric acid in sports drinks has been linked to erosive tooth wear," said Mark Wolff, DDS, PhD, professor and chairman of the Department of Cardiology and Comprehensive Care at New York University College of Dentistry, who led the study.

Slicing a cow's tooth in half, researchers soaked one half of the specimens in water, the remaining half in a top-selling sports drink. The two halves were later compared and it was discovered that the one exposed to the sports drink showed a greater amount of softening and erosion "Five teeth were immersed in each drink for 75 to 90 minutes to simulate the effects of sipping on sports drinks over the course of the day," Wolff said, commenting that brushing one's teeth immediately after consuming a sports drink is not beneficial since softened enamel is susceptible to the abrasive properties of toothpaste.

"To prevent tooth erosion, consume sports drinks in moderation, and wait at least 30 minutes before brushing your teeth, to allow softened enamel to re-harden," Wolff said. "If you frequently consume sports drinks, ask your dentist if you should use an acid-neutralizing remineralizing toothpaste to help re-harden soft enamel."

Co-investigators on the study included Michael Rice, an Arthur A. Dugoni School of Dentistry student; and Dr. Mitchell S. Pines, a clinical professor of Biomaterials and Biomimetics at the NYU College of Dentistry.

Snoring, Obstructive Sleep Apnea and The Epworth Sleepiness Scale



I have mentioned in past newsletters about snoring and Obstructive Sleep Apnea (OSA).

People who snore loudly are often the target of bad jokes and middle of the night elbow thrusts; but snoring is no laughing matter. While loud disruptive snoring is at best a social problem that may strain relationships, for many men, women and even children, loud habitual snoring may signal the potentially life threatening disorder of OSA.

WHO: Dr. Robert McBride shares his view on Holistic Dentistry that is based on an understanding of how a healthy and attractive mouth looks and functions, and how it influences and is influenced by the rest of the body.

Dr. Morgan Rogers shares the Science of maximum athletic performance and body fat elimination.

You will learn how you can take advantage of the same technology that the U.S. Navy Seals and other world elite athletes use.

WHERE: Dental Wellness Center (5406 Village Road, Long Beach 90808)

RSVP: 562-421-3747 (seating limited)

HELP ANOTHER AND

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TEAM NEWS



As we reach the half way mark in 2009, we reflect on all the wonderful opportunities we've had to increase dental awareness and help create healthy oral systems. Our team at Dr. McBride's Dental

Snoring is not necessarily Sleep Apnea, and it is important to distinguish between the two. Many people snore, including those who have OSA, however not all who snore have OSA. It is estimated that approximately 30% to 50% of the US population snore at one time or another, some significantly. Everyone has heard stories of men and women whose snoring can be heard rooms away from where they are sleeping.

The Greek word "apnea" literally means "without breath." There are three types of apnea: obstructive, central, and mixed; of the three, obstructive is the most common. Despite the difference in the root cause of each type, in all three, people with untreated sleep apnea stop breathing repeatedly during their sleep, sometimes hundreds of times during the night and often for a minute or longer.

Snoring of this magnitude can cause several problems, including marital discord, sleep disturbances and waking episodes sometimes caused by one's own snoring. But, snoring does not always equal OSA; sometimes it is only a social inconvenience. Still, even a social inconvenience can require treatment, and there are several options available to chronic snorers.

Determining whether or not one has OSA is through an overnight sleep study performed at a sleep laboratory, and there are several within the greater Long Beach area. There are several treatments for OSA, depending upon whether it is slight, moderate or severe. The gold standard of treatment for OSA is Continued Positive Airway Pressure, or CPAP. For those people who cannot tolerate the CPAP apparatus, or those with slight or moderate OSA, there are several types of oral appliances that are effective in snoring cessation and maintaining an open airway during sleep.

As a member of the American Academy of Dental Sleep Medicine, and having been trained in these conditions, we have all who enter our practice who snore and do not feel rested after a night's sleep to take the Epworth Sleepiness Scale assessment. It is used to determine the level of daytime sleepiness. A score of 10 or more is considered sleepy. A score of 18 or more is very sleepy. If you score 10 or more on this test, you should consider whether you are obtaining adequate sleep, need to improve your sleep hygiene and/or need to see a sleep specialist. These issues should be discussed with your personal physician.

Use the following scale to choose the most appropriate number for each situation:

- 0 = would never doze or sleep.
- 1 = slight chance of dozing or sleeping
- 2 = moderate chance of dozing or sleeping
- 3 = high chance of dozing or sleeping

Print out this test, fill in your answers and see where you stand.

Situation: Chance of Dozing or Sleeping While:

- Sitting and reading _____
- Watching TV _____
- Sitting inactive in a public place _____
- Being a passenger in a motor vehicle for an hour or more _____
- Lying down in the afternoon _____
- Sitting and talking to someone _____

Wellness Center is committed to bringing you the finest customer service as well as patient care. We enjoy the time spent with co-workers and patients. Not only are we busy here at the Wellness Center, but with our families as well.

Karen: My youngest son, JJ, got married and my son Sean graduated from ASU with a degree in Biochemistry and has been accepted to Pharmacy School in Atlanta, GA. Not to be out done, my son Ryan got married and a week later graduated from CSULB with a degree in Math and will be student teaching in the fall. My daughter, Jennifer and husband Todd, are busy taking care of my three grandchildren, Nate, Trevor and Maddie. They are the sunshine in our lives and we cheer them on at softball games, Boy Scouts and dance recitals. Life is good.

Blanca: My weekends off are spent in San Diego watching my granddaughter. Reagan has just turned 9 months old and took her first steps at 8 months. Look OUT! We are now mobile and nothing is getting in our way. She is a delight and her smile and antics make me laugh out loud!

Timbrey: I am enjoying living by the beach and it's starting to feel more like home.

Sitting quietly after lunch (no alcohol) _____
Stopped for a few minutes in traffic
while driving _____

Total score (add the scores up)
(This is your Epworth score) _____

- 1 - 6: Congratulations, you are getting enough sleep!
- 7 - 8: Your score is average
- 9 and up: seek the advice of a sleep specialist without delay!



SPRING BASKET WINNER

CONGRATULATIONS!

Dr. Luelinda Tomlin has been a part of our Dental Wellness Center family for over 30 years. Of course she was only a baby! Dr. Tomlin is a wonderful optometrist here in Long Beach. We also enjoy seeing her husband and now grown up boys. We wish you a fabulous summer with lots of picnic time!

Exploring my surroundings and different restaurants in the area has been fun! For example, Mahe' restaurant in Seal Beach is amazing and is now on my top 5 favorite restaurants. I have enjoyed taking trips back to Santa Maria to visit my family here and there as well. I look forward to summertime filled with hot days and tasty barbeques!

Leanne: It was my parents 50th Wedding Anniversary this year and we celebrated during our 43rd July 4th family reunion. My brother Brian put together a video of the past 50 years of their lives...precious memories! My oldest son, Sean, graduated from Lakewood High and is in Search and Rescue. He's pursuing a career in fire science(my 6'3"firefighter). My youngest son, Derek, is in High School training for the upcoming football season. My foundation WIG is helping our 1st woman who will be going through chemotherapy. We have her custom-made wig ready along with a day at a spa. I am grateful for all the people that make my life so special!