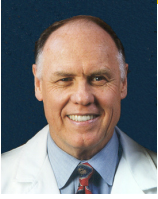


Robert P. McBride, DDS & Team
 5406 Village Road
 Long Beach, CA 90808
 Ph: (562) 421-3747
 Fax: (562) 425-7317
 Email: info@rpm dentistry.com
 Website: www.rpm dentistry.com

DENTAL WELLNESS* NEWSLETTER



Note from Doc Springtime again! There have been very few times that I've needed a jacket this last winter. Some complain of the seamless transition of our seasons and lack of vivid seasonal transition. All in all, I'd rather have this than experience the harshness of Mother Nature in other parts of the land. No matter the outside weather, I think we all have seasonal clocks that let us know that springtime is a time of rebirth in pursuing what we think is important by either translating our resolutions of last season into action, or simply cleaning out the closets.

That Kick in My Step!

I feel very fortunate to have been given an insatiable appetite for learning, and it has resulted in the development of a dental practice that is very unique. Not only have I learned more about the field of dentistry, but through the process have learned a lot about myself, and how to coordinate my health-centered values with that of my profession. What delights me the most is observing on a daily basis how my team and I profoundly affect our patient's lives. Whether it be improving one's state of periodontal health or helping someone get the smile of their dreams, we enhance our patients' oral and general health and self-esteem, and in so doing, enhance the quality of their lives.

Body chemistry is a recent area of study for me. We all know that exercise and vitamins are good for us, but how much exercise is enough, and which vitamins and supplements should we take? I used to do a lot of running, at one time entering a 10K event almost every weekend. I decided to keep my knees healthy, so for several years I have been riding my lifecycle instead, along with weight training. As the years go by, and good health seems to become more important, how does one really know how healthy they are? Most of the recommendations from health organizations are based on what's best for the greatest number of people. This one-size-fits all approach is not just a fault of traditional health institutions, it's also promoted by many alternative practitioners and distributors of food supplements. Research shows that the incidence of degenerative diseases has risen over the last 15 years, while intake of supplements has also increased during that time. Food supplements taken generically, simply have not been the answer. For the last four years I have been associated with Sam Queen, C.C.N., C.N.S. of Health Realities in Colorado Springs, CO. He assists physicians and dentists with patients who have complex health problems, or those interested in prevention such as myself. Mr. Queen takes the position that the body is made by design, and it is designed to win, not lose. Health Realities' health analyses are more extensive than the usual blood panel and allow a doctor to understand what the body is trying to do. Says Mr. Queen, "Once understood, then the doctor's role is more like a health facilitator, developing strategies that support the body's effort to gain or retain its health. Otherwise, you spend a lifetime treating symptoms." Through the years I have followed their recommendations by continual assessment of my body chemistry, and taking the recommended supplements and dietary modifications. I have seen my blood values change for the better and along with it, an increase in my energy level. I will be introducing these procedures from Health Realities to patients who could be helped through this approach.

My personal health commitment and resultant success inspires me to share it with my patients. This is done with the help of a dental team that was selected based on personal values. They share the unique values of the practice, providing the synergy supportive of our health-centered environment, and keeps that kick in my step!

TREATMENT SUCCESSES

Problem: A new patient was unhappy with porcelain veneers placed on her upper six front teeth. She felt that they looked generic and unnatural.

Solution: More natural tooth forms were developed on mouth casts. The veneers were removed and temporary veneers were made & placed from the new, more natural forms. A few adjustments were made on them after placement, and a new model was constructed. This gave the laboratory technician the data needed to fabricate the new veneers. "The esthetic veneers Dr. McBride applied to my front teeth look unbelievably real! He taught me that dental work, especially applying veneers, is an art. Now when I say that my front teeth are covered with porcelain veneers, I have to explain it several times as it just doesn't register to them that they're not my God-given teeth. They're beautiful!"
Julie Runyan



Spring '07

Volume 1 Issue 15

Quarterly Quote
 Time is the most valuable thing a man can spend.
Diogenes

Inside this issue	
Note from Doc	1
<i>That Kick in My Step!</i>	1
TREATMENT SUCCESSES	
Wellness Definition	1
Brush to the Beat!	2
Dry Mouth	2
<u>Team News</u>	2
Presentations	2
Seasonal Drawings!	2

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



Some children, and even adults, are not brushing for the correct amount of time. Most people brush for less than a minute, which is not enough time to really be effective. Despite the variety and advancements in toothbrushes today, people don't brush long enough to get the best results, reports the Academy of General Dentistry.

"Since many people brush during the morning or at night with the radio on, I tell my patients to brush for one song," says Luke Matranga, DDS, one of the Academy's past presidents. "That's about three minutes -- the right amount of time to get the best results from brushing."

The modern toothbrush has changed a lot since it was invented in China in 1000 A.D. with bristles made from horse hair. Today, they come in fashion colors with angled heads, raised bristles that change color with use. But the mechanical and physical improvements of toothbrushes are not effective unless they are used correctly.

"People will swear that they've brushed three to four minutes, but the average person brushes for less than a minute. This is not long enough to search all areas of the mouth and scrub off cavity causing bacteria," says Dr. Matranga.

Generally, a toothbrush should have a long, wide handle with soft bristles. Be sure to brush on both sides of the teeth and the tongue. Change toothbrushes every three to four months before their bristles become frayed. Also toss the toothbrush after an illness to avoid harmful bacteria harbored in the bristles.

Electric toothbrushes are a great option for those who have limited dexterity, such as older people or arthritis sufferers, and are effective for people with braces since the rotating heads can clean hard-to-reach areas.

Dry Mouth



Dry mouth is caused by a decrease in the amount of saliva in the mouth when the salivary glands do not work properly. The salivary glands help keep the mouth moist, which helps prevent decay and other oral health problems. Dry mouth may be a sign of a serious health condition or may occur when a person is upset or experiences stress.

Studies show that up to 400 prescription and over-the-counter medications can contribute to symptoms associated with dry mouth. The most common troublemakers are anti-hypertensives, anti-depressants, painkillers, tranquilizers, diuretics and antihistamines.

Dry mouth can cause extensive tooth decay (even in a person who's had a healthy mouth for years), and it contributes to many other oral health problems. Areas that decay as a result of this condition are the teeth roots, which are the most difficult to fill especially the surfaces between the teeth.

Today, dentists continue to see this condition increase due to a rise in medication consumption by the public.

Team



News

Spring Cleaning. You may have noticed we're asking a lot of questions in updating our files and confirming your current medical history.

Fluoride mania. Jenean is encouraging fluoride treatments due to its proven benefits in strengthening tooth structure, interfering with dental plaque formation and teeth desensitizing qualities.

Taking Our Act On The Road. We're excited to present our first "Lunch & Learn" presentation as a team to the specialists and their teams to whom we refer. We are looking forward to enhancing the relationships we have with oral surgery, endodontic, (root canal), periodontist (gum) and orthodontic specialists and their teams, who essentially are extended members of our team. Doc will be sharing his perspective on how their individualized efforts with our patients relate to the bigger picture in providing dentistry from a whole person, health-centered approach.

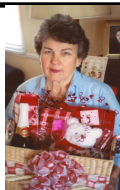


Presentations

Be sure to get your name in for the next in-office Doc's Talk. We are having them on a reservation-only basis, and find that they foster an understanding of the latest in dental trends, and besides learning from the presentations, the questions they inspire offer a learning opportunity for all present.



Seasonal Drawings!



Congratulations to Charmaine Greene for winning the Valentine's Day Basket, and to Helen Berchtold for winning the St. Paddy's Day Basket. Jenean continues to bedazzle us with her creative ideas for these seasonal gift baskets!



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

