



### Note from Doc

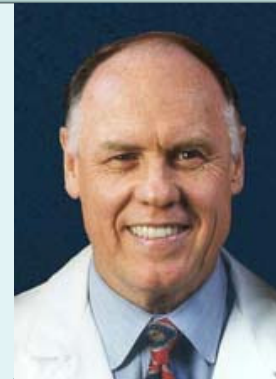
*"In a way Winter is the real Spring - the time when the inner things happen, the resurgence of nature."*

- Edna O'Brien

*Many inner things are happening within the Village Road Professional Building. We look forward to the arrival of Dr's Ray Tropeano, Morgan Rogers and John Tourkolias that will have it become the ultimate Wellness Center.*

### Obesity Factor in Dentistry and Wellness in General

The Dental Wellness Center focuses on the mouth as a system that is uniquely integrated with other bodily systems. The Mouth-Body connection is becoming increasingly conspicuous in professional journal articles and the media in general. It has been the subject of many of my past newsletters that are accessible from our website, as well as the main topic of our in-office presentations. There is one bodily condition that across the board is directly related to oral and systemic afflictions such as gum disease, mouth lesions, diabetes, coronary artery disease, stroke and sleep apnea and that is, obesity, which has doubled in the U.S. within the last 30 years. In 2006, about 33 percent of American men and 35 percent of American women were obese, defined as a body mass index (BMI) of 30 or higher. This represents a more



#### TOPICS:

OXYGEN - THE MAGIC HEALER

SUCCESS STORY

DR. MCBRIDE ON THE GO

BASKET WINNER

### Quarterly Quote

A Happy New Year!

Grant that I may bring no tear to any eye when this New Year in time shall end. Let it be said I've played the friend, have lived and loved and labored here, and made of it a happy year. ~Edgar Guest

Join Our Mailing List!

### SUCCESS STORY



"Dr. McBride has changed my life! When I was a teenager the orthodontist had four bicuspids pulled to make room for straightening my crowded teeth with braces. Sound familiar? Well, my teeth got straighter but with a gummy smile and my mouth and lips sunk in. All this plus

than doubling of the 15 percent prevalence of obesity among American adults in 1974. During this interval, the prevalence of overweight nearly quadrupled among U.S. children 6 to 11 years old and nearly tripled among those 12 to 17 years of age. This is pandemic in the U.S. scene, is growing yearly and has vast implications throughout our entire society and globally as well.

The primary purpose of the Dental Wellness Center is dispensing appropriate health information and workable preventive and treatment solutions to its patients. As the CEO of The Dental Wellness Center, which is concerned with more than solely repairing, replacing and cleaning teeth, I feel a responsibility to not only inform my patients of all that I am learning about the oral systemic connection, but to provide workable solutions as well. We dentists are in a better position than any other health professional to influence our patients, as according to the American Dental Association, about 70 percent of the U.S. population visits the dentist at least once a year.

The cover story in the November 2010 Journal of The American Dental Association is titled, "Dentists' attitudes towards addressing obesity in patients." Over 3000 practicing U.S. dentists responded to a survey to assess their interest in, and barriers to providing obesity counseling to their patients. The major barriers to offering obesity related services reflected dentists' fears of offending patients or parents, or appearing judgmental. This is understandable, but as the article states, "recent epidemiologic evidence strongly suggests a relationship between periodontal inflammation, systemic levels of inflammatory biomarkers and obesity. This is in addition to long-standing evidence of obesity as a risk factor for coronary artery disease, heart failure and diabetes. Accordingly, the editors of the American Journal of Cardiology and Journal of Periodontology recently issued a joint consensus report on periodontitis and atherosclerotic diseases that listed obesity as a risk factor for the development and severity of periodontal disease."

Being interested in appropriate information and workable solutions for my patients brings me to the central point of this article. Dr. Morgan Rogers, a co-presenter in my in-office presentations has spent his entire practice life developing a workable solution for coronary artery disease called OxyBody, and it will soon be formally unveiled across the hall from my office. It addresses the cause of fatty plaque build-up in arteries and in so doing, also results in bodily weight loss. It is not primarily a weight loss program but in addressing the inflammatory process that is inherent in the fat accumulation cycle in the body, weight loss is a healthy by-product.

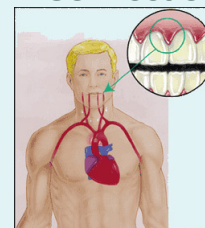
my teeth got shorter from wear which made me not want to smile. Then I started working for Dr. McBride in 1999 and learned about his approach to looking at the whole mouth as a system. He showed me why the teeth that were removed caused a loss in lip support and changed the entire appearance of my face. He also demonstrated how my bite was off which caused all my teeth to shorten from wear over time. I had more braces and then implants to replace some of the teeth that were removed as a teenager. Then Dr. McBride added bonding to all my teeth by hand without drilling on any of them. He taught me how the Bioesthetic principles that guided him in my treatment will allow it to last through harmonizing my bite and jaw joints. All I can say is that it was well worth the journey and now I can't quit smiling!"

-Jean Z.



## Doc's Talks

### Discover the Mouth- Body Connection

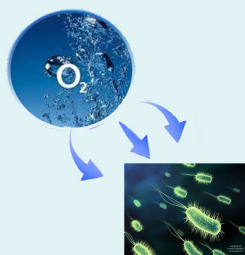


By reservation only

**WHO:** Dr. Robert McBride and Dr. Morgan Rogers share their views on "A Holistic Approach to Your Overall Health." This health-

Fat first accumulates in the blood vessels, then the muscles, the organs and finally the belly. OxyBody eliminates fat in the same order, and it greatly reduces or completely eliminates the need for blood pressure and cholesterol medications, increases vitality via strengthening the heart and ultimately results in the loss of belly fat. It may sound too good to be true, but his before and after metrics do not lie.

OxyBody, gum disease and inflammation relate to one another within a closed loop. The inflammatory process of gum disease can increase blood glucose and cholesterol. Through Wellness Center protocols that control gum disease, the inflammatory burden on the entire body is reduced, and reciprocally OxyBody, through addressing the inflammatory process will enhance gum health - a true Mouth-Body connection! So, welcome Dr. Rogers and OxyBody. It will be an important adjunct to The Dental Wellness Center having been also built upon appropriate information that has been developed into workable solutions that are life-changing!



## Oxygen - The Magic Healer

As a Wellness Center, our main priority is keeping abreast of the most effective health discoveries and offering them to our patients. My main article this month depicts the mouth-body connection and how there is a

reciprocal relationship between oral and general health. One of the major connections lies in research showing that 80 - 85 percent of the population will have some form of periodontal (gum) disease during their lifetime and that gum disease is not only the leading cause of tooth loss, but is connected to several health problems such as coronary disease, stroke, diabetes, pre-term and low birth weight and Alzheimer's disease.

How does oxygen fit into oral health? Bacteria in dental plaque that cause gum disease are anaerobic, meaning that they don't require oxygen to live and will function in a different manner in its presence. We know that hydrogen peroxide kills bacteria as it breaks down into water and oxygen. Hydrogen peroxide is one of our leading defense mechanisms as it is found in human white blood cells. It is used on wounds for that purpose as well as being commonly used in mouthwashes to control oral bacterial growth. The problem in the past with it being effective in controlling gum disease is that there hasn't been a way to get the peroxide to the areas where the bacteria live and cause damage to the gums. The bad oral bacteria that abound in dental plaque live in the little crevice between the teeth and gums called the sulcus (or sulci, plural). So, even forceful rinsing and

centered, educational approach investigates the causes of disease, rather than simply treating their results. (TMJ, Gum Disease, Fat Elimination, etc.)

**WHEN:** Wednesday, January 19th at 6:30pm

Enjoy refreshments and a light fare.

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

**RSVP:**

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.*

[Click here to Register](#)

 [Forward to a Friend](#)

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



**SUMMER BASKET WINNER:**

**CONGRATULATIONS** to Colette Pellissier winner of the Ice Cream Basket. Enjoy Coldstone ice cream and all the goodies...Yum!



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Yes...we're pleased to say that we have joined the world of Facebook. If you're not our friend yet, please join us and make sure to be part of our group - Dental Wellness Center. We want

brushing with peroxide won't reach the bacteria in the deepest depths of the sulci where the damage is occurring, plus the body continually "flushes" out this region so any medication that does get into this valley does not stay long enough to be effective against the bacteria. The key factor in the reciprocal relationship between oral and general health is that the damaged areas of the gums offer a portal of entry for the oral bacteria to enter the blood stream that induces the above mentioned diseases and identifies the mouth-body connection.

What is absolutely exciting is that this problem has now been solved and there is really no reason why anyone needs to have periodontal disease. We now have an effective way to introduce the hydrogen peroxide into the deepest sulcus areas and kill these bacteria. The medical device used to deliver the hydrogen peroxide called a Perio Tray, has received FDA approval as a medical device and is not only effective, but completely natural and safe. Both myself and our hygienist Timbrey are now trained and certified in how to effectively apply this technology. The results are so astounding that we are using this method ourselves as well as members of our families. It involves the usage of hydrogen peroxide in a concentration that is less than half the percentage of that available in over-the-counter peroxide solutions. Low concentrations of hydrogen peroxide is ultra safe; in fact it is one of the components of human saliva as well as in breast milk as part of our immunological and enzymatic defense systems. It is a natural antimicrobial agent as bees make hydrogen peroxide in honey for its antibacterial action.

The reason that Perio Protect is so effective is the manner in which the hydrogen peroxide is introduced into the sulci. It occurs through placing the peroxide solution into custom made, hermetically sealed trays (similar to bleaching trays) that actually pump it into the deeper sulcus areas. For those with severe periodontal disease that have swollen, infected and inflamed gums, the process requires more than one set of trays because the gums shrink as they get healthier and the hermetic seal becomes lost. Another plus is the side effect of Perio Protect therapy in making the teeth whiter as hydrogen peroxide is one of the elements used in bleaching teeth. What makes this even more exciting is that there is another medication that can be used that initiates a regeneration of bone growth that has been lost through periodontal disease.

Research continues to mount showing that the entry point into the body of the bacteria associated with the above mentioned diseases is through unhealthy gums. There is no other place in the body that is more conducive to bacterial growth and reproduction than the sulcus area between the gums and teeth, as it offers an environment that is dark, moist and has a constant food supply.

to see your smiles and hear your stories!



**For more information go to:**

### **Dental Wellness Center**



Help us help others! As team members of the Dental Wellness Center we have had the pleasure of guiding our patients on the road to wellness. We love educating people and seeing them get healthy. We would love to meet your friends, family and co-workers. Invite them to our next presentation (see Doc's Talk's above for more information). There's nothing more satisfying than offering a life of longevity, hope, pain free and preventive Holistic Dentistry. Thanks for caring and sharing!

 [Forward to a Friend](#)



**We hope you had a very Merry Christmas**



**and a Happy New Year...  
Welcome 2011 !!**

We made it through 2010 and are excited about the New Year and

Some examples of the mechanism of the mouth-body connection:

- One of the worst bacteria found in dental plaque, *Treponema denticola*, has also been found in the brain tissue of 14 of 16 people that have succumbed to Alzheimer's disease. It is a spirochete type organism that can burrow through the periodontal pocket into the dental nerves and up through the brain stem and into the brain. We see these types of organisms in our patients' plaque under the phase microscope as well as through other tests that will be mentioned below. *Treponema denticola* is an organism that is similar in shape to another spirochete organism causing syphilis, *Treponema pallidum*. If left untreated it similarly winds up in the bodily organs, nerves and brain causing illness, paralysis and dementia.
- Another dental plaque bacteria, *Porphyromonas Gingivalis*, after gaining entry into the blood stream of pregnant women through inflamed gums, passes through the placental barrier as a primary fetal infectious agent resulting in low birth weight and premature birth.

These are the reasons that our patients are continually assessed for periodontal disease by means of sulcus depth measurements, recording of bleeding sites as well as a BANA (benzoyl-DL-arginine-naphthylamide) incubation test. This is to determine the presence or absence of the above mentioned bacteria as well as others found in dental plaque that can also inhabit other parts of the body and do harm. We offer the BANA test to all our new patients and are finding that about one half of them are positive for these bacteria. It is one of the reasons that The Dental Wellness Center has two phase microscopes to evaluate bacterial plaque amount and type, as well as several other means of testing such as one that analyzes interleukin 1 (IL1) genes for variations that identify an individual's genetic predisposition for periodontal disease.

The more I research the data that continues to show how mouth bacteria can influence the state of one's health, the more I realize the great responsibility that is now being placed on dentists to educate their patients of the gravity of this oral-systemic, or mouth-body connection. If you haven't been tested lately or have had a difficult time keeping your gums healthy, be sure to make an appointment for an assessment and more information about Perio Protect.

all the greatness that is on its way!  
We can't wait to see you and continue to be part of the success of your health and well being. We will be welcoming our new doctors Ray Tropeano, Morgan Rogers, and John Tourkolas to the Village Road Professional Building. We now have Dental; Marriage and Family Counseling; Chiropractic; Acupuncture; and Oxybody that will be available to you at our Wellness Center. A visit to our Center will change and even save your life!