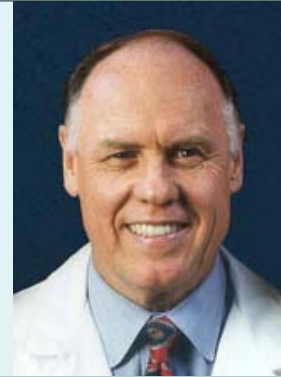




## Note from Doc

### THE BEACH

Summer is a good time to re-evaluate things. A great way to do this for me is being at the beach. Being right up close to nature, watching the relentless force of the ocean waves makes you realize how you are absolutely powerless to change things that big, such as the ocean tide. It lets me realize that there are some things you can change, and some things you can't. In The Dental Wellness Center, we are making changes in our patients' lives that I hadn't dreamed possible years ago. It all started out with taking risks that were not popular, but that you knew was the right thing to do. The payoff now is that The Center is flourishing because of those risks, as more and more people are wanting what we have to offer. Makes me really glad that I've always enjoyed summers at the beach!



#### TOPICS:

"GETTING TO THE HEART OF DENTAL DISEASE"

"WHAT'S THE WISE THING TO DO WITH WISDOM TEETH?"

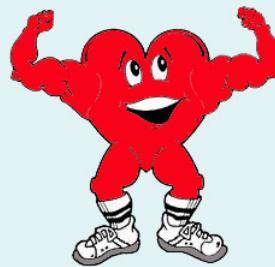
SUCCESS STORY

DR. MCBRIDE'S NEXT PRESENTATION

BASKET WINNER

## Getting to the Heart of Dental Disease

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



Before the discovery of penicillin, Rheumatic Fever was quite often a fatal disease. Those who contracted it and survived most often were left with a valvular heart defect which was caused by bacteria in the blood stream (bacteremia) that colonized on the heart valves causing the damage.

During this pre-penicillin era, Dr. Charles Bass\* was the dean of Tulane University Medical School. Knowing the role of bacteria in this disease, he was at a loss to know how bacteria were introduced into the blood stream, as upon inspection of those children who had succumbed to the disease, he noted no cuts or bruises anywhere on their skin. Upon further inspection, he made an amazing discovery - without exception, each victim had inflamed gums. He saw that there was no "skin" or lining in the

#### QUARTERLY QUOTE

*"Then followed that beautiful season... Summer... Filled was the air with a dreamy and magical light; and the landscape Lay as if new created in all the freshness of childhood."*

*~Henry Wadsworth Longfellow*

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#### SUCCESS STORY

This past year I suffered greatly from what was TN(Trigeminal Neuralgia) and TMJ. I had suffered from both of these since 1996. The pain has been life altering for me.

inner crevice between the gums and teeth, called a "sulcus."

This discovery led him to conspire with Dr. Sumpter Arnum from the University of Texas Dental School to learn as much as he could about the "habits" of oral bacteria. Together, they discovered that colonies of bacteria "glue" onto the teeth and eventually grow into the crevices ("sulci") between the gums and teeth. Their waste products dissolve the epithelium (skin) lining next to the teeth. The bacteria then have an entry point into the blood stream. They also found out that if the bacterial colonies are broken up and removed from these areas, the gum lining grows back. They also discovered that after the colonies are removed, they re-appear in approximately 24 hours. This research led to the "Bass," or sulcus brushing technique of introducing the toothbrush bristles into the sulcus around the teeth, and to this day is taught to dental students and hygienists. It is interesting to realize how one person's searching for an answer to a serious problem led him to discover a relatively simple preventive measure which is used routinely today.

### Tragedy in Dental Education

It is our experience at the Dental Wellness Center and in my lectures, that when patients or attendees are asked if a dentist or hygienist has ever had them demonstrate their self-care technique, only about 1 in 30 answers affirmatively. Similar to it being OK for a 16 year-old to take a drive on the freeway after just having read the driver's manual. This is a blight within the dental education system itself, where dentists and hygienists are primarily taught treatment techniques - not how to teach.

At the Dental Wellness Center, we take gum disease seriously because we understand the significance of this mouth/body connection. Research shows that 80 - 85% of the U.S. population either has or will develop some form of gum disease during their lifetime. We are able to help people get healthy with the latest in diagnostic equipment, such as phase contrast microscopes and other bacterial type assessments that let us offer our patients individually prescribed and monitored, effective preventive and treatment protocols. The main reason people get healthy at the Dental Wellness Center is the passion of its team members that drives the time they take in coaching our patients to health. Not through just demonstration and lip service, but involving the patient in optimizing their self-care through skill learning. They form relationships. They extend information about their individualized problems and how to handle them so that they can become participants in their own health. This gives them more confidence about the state of their oral health than ever

I moved to Long Beach, California, March 21, 2011; prior to my move, I went on-line and found Dr. Robert McBride. I was starting a new job in Long Beach, and I knew I would not be able to speak much because of the pain. I was hired to be a department head in a local hospital, so not speaking was not an option for me.

I was desperate and frightened, when I came to Dr. McBride. Within two weeks of treatment by Dr. McBride with a MAGO, the pain began to resolve. In addition, I was not given anything for the pain by Dr McBride, only the 24/7 use of the MAGO was used for my pain, and it was working. What Dr. McBride did for me is healing me from a pain episode that was 15 years long.

Moreover, during the past year, I had lived on narcotics for the pain, that is how bad it was for me.

The treatment with the MAGO is simply a miracle; there is no other word for it. The pain of Trigeminal Neuralgia has been called the worst pain known to man, and I can attest to this. Many having this pain have committed suicide, I, too, had considered death, as the only way out from the pain.

Then I found Dr. McBride, who understands the exquisite workings of the jaw, teeth, and facial nerves, and he was finally able to put me at peace. I am now healing, slowly, there is no other way to heal this disease process except slowly, but I am healing and I have now experienced many days where I am completely pain free.

*Jenenne T.*

## Doc's Talks

### "Mouth-Body Connection"

before as they not only learn the "whys" behind their protocols, but actually have a hand in it.

\* Charles C. Bass, M.D. American Heart Journal, St. Louis, Vol.69, pages 718-719, May 1965 excerpts:

"....."In almost all ailments of the heart caused by bacteria, the source of infection is known to be the pathologic and infected environment of the teeth."

".....the health, welfare and, even life itself, of persons who have heart conditions which predispose to infection may depend on prevention and control of dental disease."

".....bacteria in the periodontal pocket and in diseased periodontal tissues are the source of almost all bacteremia from the environment of the teeth."

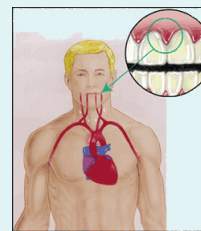
".....I believe that, some time in the future, leading cardiologists will wonder, in retrospect, how information so needed by their patients could have been overlooked or neglected for so long."

## What's the Wise Thing To Do With Wisdom Teeth?

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



Should wisdom teeth, or 3<sup>rd</sup> molars, be removed? It all depends. Most often, when wisdom teeth are impacted (*unable to erupt, or come in*) within the bone, they will probably be harmless for a lifetime. This is not always the case, however. There is a membrane around any tooth called a "dental follicle," or "dental sac" that, when the tooth erupts through the gum into the mouth, breaks and remains around the tooth root and differentiates into what is known as a "periodontal membrane" or "periodontal ligament." Sometimes, not often, an impacted tooth's dental follicle will turn into a cyst and eat away the jawbone as seen in the image below showing a large 3<sup>rd</sup> molar cyst of a patient that had no symptoms until it became quite large. In this case enough bone had been destroyed that it caused a hollowing out of the jawbone (mandible) which could have caused it to fracture easily. This does not occur often, so an alternate to removing an impacted tooth is to keep a periodic x-ray check on it (or them) to observe any changes in the follicle area. This is an especially good idea on the lower, as an impacted lower wisdom tooth sometimes resides near or around the inferior alveolar nerve. If the tooth were removed - even by the best specialist - lip and chin numbness could result from the nerve being damaged upon its removal, as besides supplying sensation to the teeth, it also does so to the lip and chin area.



By reservation only

**WHO:** Dr. Robert P. McBride and our special guest Dr. Susan Sklar.

**WHAT:** 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. Susan Sklar, M.D. will be sharing the benefits of Restorative Medicine. Traditional medicine waits for diseases to occur, Restorative Medicine prevents disease and increases human longevity.


**WHEN:** Tuesday, July 26th at 6:30pm  
Enjoy refreshments and a light fare.

**WHERE:** Dental Wellness Ctr.  
5406 East Village Rd.,  
Long Beach 90808

**RSVP:** 562-421-3747  
(seating limited)

[Click here to Register](#)

### HELP ANOTHER AND

 [Forward to a Friend](#)

*Someone who has dental problems or fears, bad breath, unresolved headaches, neckaches, vertigo, or jaw pain, belly fat, high cholesterol, hormone imbalance, diabetes, arthritis, colitis, lupus, inflammation.*

## SPRING BASKET WINNER:

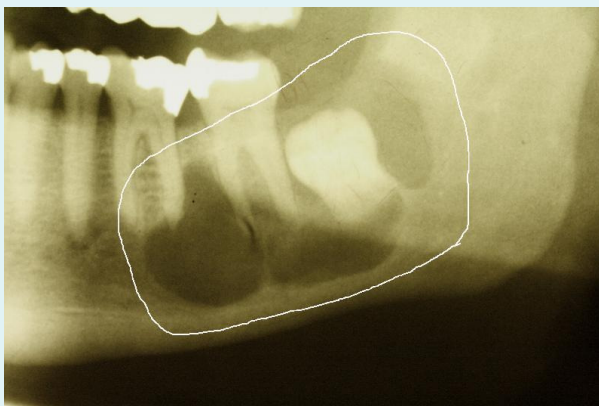


**CONGRATULATIONS** to Melissa Mathieson!  
Melissa just graduated from CSULB with a degree in Journalism and a minor in

Wisdom teeth have a "drive" to push upwards through the bone and gums into the mouth. Sometimes this push can translate through the rest of the teeth in front of them and cause the front teeth to become crowded and out of line.

How about wisdom teeth that are partially bony impacted and can't completely erupt due to their angulation and not enough room for them to come in completely? They stay just under the gum - or partially peeking through it. That usually becomes a problem, as bacteria enter through the little "peek hole" and cause infection that can damage the bone around it and the 2<sup>nd</sup> molar in front of it. This can happen without the person knowing about it, and if and when it does become known through pain and swelling, the damage most of the time has been done. Those are also painful after their removals due to the infection involved, and are most often associated with the typical swollen face.

How about wisdom teeth that have erupted into the mouth? This is an "it all depends" case as well. For most people, they are difficult to clean and harbor the bacteria that cause gum disease. If a person can learn to clean them successfully, they may be OK to keep. I say "may" because the plot thickens. Most often, wisdom teeth that have completely erupted into the jawbone cause front teeth to wear. Dentists who have studied occlusion - which has to do with how the teeth relate and function with the temporomandibular joints, or TMJ's - realize this. If I see this wear occurring due to the presence of wisdom teeth, I teach the patient why and sometimes the situation can be corrected without their removals, and sometimes not. I let the patient make up their own mind, given that I have taught them well, as I believe that patients own the responsibility for their health decisions given appropriate and correct information.



Public Relations. Her mother Brenda received the cupcake basket since Melissa is enjoying a 2 month vacation in Europe. She will be visiting Italy, Croatia, Greece, Turkey, Monaco, Spain, Tunisia, England, France, Germany, Estonia, Russia, Sweden and Denmark. Her mom says she LOVES, LOVES to bake. We can't wait to hear about her trip and how she enjoyed baking cupcakes!



Join us!

[Find us on Facebook](#) 

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 to see your smiles and hear your stories!

[Dental Wellness Center](#)



Read our patient testimonials:  
[REVIEWS](#)



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

# Community Outreach:

than offering a life of longevity, hope, pain free and preventive Holistic Dentistry. Thanks for caring and sharing!

 Forward to a Friend



Leanne at Weingart-Lakewood Family YMCA Senior Health & Fitness Day.



Dr. McBride at the American Diabetes "Rip's B.A.D. Ride - Bikers Against Diabetes."




As part of the CENTERS of DENTAL MEDICINE we are now participating at the LIFE LINE SCREENINGS - "The Power of Prevention"



Dental Wellness Center hosts Dr. McBride's LBHBBC - "Long Beach Home Boys Boxing Club" *Pacquiao vs. Mosley*



Dr. McBride's team would like to thank all of you who took the time to vote for Dr. McBride as the BEST Dentist in Long Beach in the Press Telegram's 2011 Readers Choice poll. We know he is (best in the world) but it's always nice to have the acknowledgement from our community. Thanks for letting the Dental Wellness Center continue in your success in great health!!  
Leanne, Karen, KC, and Timbrey

 Forward to a Friend

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

## BAN DENTAL MERCURY! What is Dental Mercury?

Dental amalgam (also deceptively called "silver fillings") is a primitive, polluting, 19th century cavity-filling material made of 50% mercury - a neurotoxin and reproductive toxin that is particularly dangerous for children and pregnant women.

- Dental mercury is no longer needed to fill cavities (modern dentists have stopped using it and started using safe resin composite materials), but pro-mercury dentists are still the second largest buyer of mercury.

### The Dental Mercury Crisis

The mercury implanted into the mouths of unsuspecting dental patients ultimately ends up back in our environment:

- in our water via dental office releases and household waste
- in our air via cremation, sludge incineration, dental office emissions, and human respiration
- in our land via landfills, burials and fertilizer

California taxpayers are being ripped off by pro-mercury dentists. We are footing the bill for the environmental clean-up of dental mercury - the largest source of mercury in our wastewater by far and a major contributor to mercury in our fish. Meanwhile, the California Dental Association 1) blocks all laws that that would require dentists to catch some of their mercury waste before it is dumped into our water and  
2) refuses to address dental mercury that gets in our air and land.

**You Can Stop Dental Mercury Pollution:**

- If you live, work, or shop in the city of Long Beach, join our petition drive to end dental mercury in our community by emailing consumer director Anita Vazquez Tibau at [anitatibau@hotmail.com](mailto:anitatibau@hotmail.com)
- To receive email updates on the fight to eliminate dental mercury, join Anita's mailing list at <http://www.toxicteeth.org/maillingList.cfm>
- Here is the link for the online petition to ban mercury dental fillings: <http://www.thepetitionsite.com/2/ban-dental-mercury/>

Go to [LongBeachHolisticDentist.com](http://LongBeachHolisticDentist.com) to see how The Dental Wellness Center is not only MERCURY FREE, but MERCURY SAFE as well. Once again Dr. McBride as a Holistic dentist is leading the pack!!