



Welcome to the Dental Wellness Center

by Robert P. McBride, DDS, MAGD

The first Dental Wellness Center website was developed in 1989 as a repository for Dr. McBride's articles and information having to do with the essence of the Center, how it was developed, its offerings and the reasoning behind all that is done within it. Dr. McBride realized early on, not long after graduation from dental school that he was deficient in many areas having to do with helping a patient become healthier, not only orally, but systemically. Information was available in the literature - although sparse back then - indicating the association between oral and general health.*

He was at the top of his class in the art of dentistry, i.e., making teeth repairs look and fit great, but soon realized that they would not survive in an unhealthy mouth. He was discovering that preventive treatments learned in school worked for some people, but not for others – that teeth, gums and jaw joint function can be quite different for each person. He also learned that his associations with dental insurance companies were counterproductive, as they offered scant patient benefits for preventive learning and assessment procedures required to understand these differences. So, he “cut the cord” and went on his own in spite of his colleagues advice that he would be committing financial suicide. ([dental insurance articles](#)). This was a “freeing,” but scary moment having lost his stream of patients, now not being on the “insurance company list.”

One important thing he was learning, which has become a fundamental pillar of the Center, is the importance of taking initial time to teach interested new patients about their mouths and their individual differences; how during this mutual learning process, an affinity developed wherein patients gained a trusting relationship as they now understood the reasons behind their oral health problems. This led to the development of the Dental Wellness Center's mission, which is to take the time to educate its patients about the nature of their oral system to such a degree, so that they can make informed choices about its future. The website is in keeping with this mission, as education can start well before arriving at the Center through the information offered within it.

Articles were developed to describe all the services offered within the Center and what is actually done within patient visits, such as during the new patient's first appointment “[Why all that time for my first appointment?](#)”; why we don't clean teeth on the first appointment “[The Holistic Hygiene Arm of The Dental Wellness Center](#)”; how we diagnose and treat [TMJ \(Temporomandibular Joint Dysfunction\)](#).

As time went on, the website amassed over 100 articles, as well as quarterly newsletters that were developed to keep patients continually informed about the Center's leading edge improvements, and as mentioned, assist any potential new patient to learn about all the services

offered at The Center with their underlying rationales. (Accessed through *Resources* link at the top of the Home Page).

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Dr. Charles Mayo, of the Mayo Clinic: *"The object of all health education is to change the conduct of individual men, women and children by teaching them to care for their bodies well"* 1928

"People who keep their teeth live an average of 10 years longer than people who do not." 1936

Dr. Charles Bass, cardiologist and dean of Tulane Medical School:*"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."* American Heart Journal, St. Louis, Vol.69, pages 718-719, May, 1965