

DENTAL NEWS

Your Newsletter for Oral Health and Wellness



HELLO AND WELCOME TO THE TOOTHPASTE ISSUE!

We thought we'd compile some friendly advice regarding the most common questions about toothpaste for this issue. Why? Because we know that excellent oral care begins in the bathroom!

We hope you find these articles helpful, and, as always, we're here to answer any questions you may have. Our team is also available to schedule consultations and check-ups to help you maintain a healthy, balanced mouth.

Take care, everyone, and don't forget your Vitamin D during these long winter nights.

Also, 10% off tooth-whitening when you mention our newsletter!

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CHARCOAL TOOTHPASTE

The lowdown

Charcoal toothpaste is a form of active carbon with porous surface particles. The idea is that charcoal binds to and absorbs stains, food, bacteria, and plaque, which are washed away with the charcoal, leaving your breath fresh and teeth whitened. It has a lot of media attention, but there are some things to consider before trying it.

Can I use it daily?

No. Charcoal toothpaste can be abrasive for daily use. Ironically, if you use it too often, it will erode your enamel, exposing the deeper layer of the tooth, dentine, which can cause tooth sensitivity and yellowing.

Fluoride is important because it is proven to protect tooth enamel, our shield against decay. Charcoal in toothpaste can bond to fluoride and make it less available to strengthen and protect teeth!

Does it remove toxins?

When detoxifying the body, it is important to remember that true health is about bolstering the body's own natural defenses, which are the "good bacteria" of your "microbiome."

Your mouth has a microbiome that covers all surfaces of the tongue, gums, and teeth. Ensuring these healthy bacteria are not removed chemically or through harsh abrasives form the first line of defense for your mouth to protect against tooth decay or gum disease. Charcoal may harm your healthy microbiome and therefore compromise the status quo of your mouth. Removing and disturbing plaque encourages the return of your good bacteria, which is your mouth's natural protection against tooth decay and gum disease, removing inflammation and stopping toxins from entering the bloodstream.

Does it remove stains?

There are two types of stains; extrinsic and intrinsic. Extrinsic stains exist on the surface of the teeth and are caused by the common culprits we all hate to love, red wine, coffee, etc. In comparison, intrinsic stains exist under the enamel and are caused by internal effects of medications and tooth trauma. Charcoal toothpaste cannot remove intrinsic stains, and there is little credible proof that it removes extrinsic stains better than fluoride toothpaste.

Can I use charcoal toothpaste on my veneers?

We don't advise it. Charcoal toothpaste tends to build up inside and between the minuscule fissures of natural and restored teeth.



DOES MY TOOTHPASTE NEED FLUORIDE?

Ideally, yes.

Only about 10% of the UK population has fluoridated water. Why is this important? Well, the benefits of fluoride are vast.

Over 100 years ago, dentist Fredrick McKay discovered the link between fluoride and lower rates of tooth decay. This is because fluoride strengthens and hardens the surface of the tooth enamel, which makes enamel less at risk of dissolving in the acids created by bacteria or from erosive drinks. It can also reverse tooth decay after it has already started.

The benefits of fluoride come from a direct application to the teeth, so toothpaste is a fantastic way to sparkle and strengthen teeth.

The downside of fluoride:

Over the years, we have heard all kinds of stories around fluoride, but overwhelmingly the dental profession supports fluoride in toothpaste to prevent tooth decay.

The main concern comes from swallowing fluoride when the permanent teeth develop in the jaws up to four to five years old.

Swallowing fluoride can lead to a mottling appearance of white or brown marks on the surface of the enamel due to lack of mineralization of the tooth's enamel called "fluorosis."

For that reason, we recommend that young children up to the age of three only use a smear of toothpaste on the brush when the teeth have erupted. This is because young children are unable to spit out the toothpaste properly and tend to swallow it.

From 3-6 years old, children should use no more than a pea-sized amount of toothpaste on the brush and spit out toothpaste after brushing but not rinse with water.

Higher concentrations of fluoride offer greater protection from decay, and in adults, you should have a minimum of 1450ppm of fluoride toothpaste.

Here are steps you can take if you want to avoid fluoride:

- Adapt your diet to avoid extrinsic sugars that cause decay. This is also a positive step for your body's health too!
- be mindful when brushing between and around your teeth in a careful, thorough approach.
- See your dentist and hygienist regularly to help you stay on top of your daily care.
- Use xylitol, a natural sugar-free sweetener that reduces plaque and helps remineralize your teeth throughout the day when the harm is being done.



HOW TO PROPERLY BRUSH YOUR TEETH

Learn from Pam Ayres!

Pam Ayres says in her famous poem:

*Oh I wish I looked after my teeth:
"Oh, I showed them the toothpaste all right
I flashed it about late at night,
But up and down brushin'
And pokin' and fussin'
It didn't seem worth the time... I could bite!"*

Top Tips for You and Pam:

Go electric- you can do just as good a job with a manual toothbrush, but most people don't. Get a good-quality electric toothbrush, not a battery-powered one. Renew the head regularly and charge it!

Think about what you are doing when you brush your teeth, so you're cleaning the teeth and the area where the teeth meet the gums.

Clean between your teeth with small brushes or floss, so you're making sure you're covering 360 degrees of the tooth surface; otherwise, bacteria multiply in those hidden regions.

Mouthwash and waterjet devices are fine but typically have less fluoride than normal toothpaste so washing away the toothpaste means you have less protection!

Spit out the excess toothpaste after cleaning but don't rinse it away, and it will keep working particularly at night.



Our Monthly Poll:
Which flavour of toothpaste
would you prefer to mint?

Lime, Lemon, Berry

None, I like mint
Have your say and click

<https://djzmtujvi43.typeform.com/to/Ve9VnNiZ>