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## Dental Facts

## DID YOU KNOW THAT YOU CAN HELP PREVENT CAVITIES BY CHEWING GUM?

Chewing specially marked gum containing xylitol can help prevent decay

*IceBreakers/Ice Cubes* - 2 pieces for 5 min after every meal or *Spry Chewing Gum* - 2 pieces for 5 min four times per day

## CHOOSING THE RIGHT TOOTHPASTE | Check out [www.drugstore.com](http://www.drugstore.com)

### Whitening

Avoid toothpastes that list alumina as one of their first 4 ingredients, they will be too abrasive. Toothpastes cannot effectively bleach teeth, they can only remove extrinsic stain.

*Baking Soda and Hydrogen Peroxide have no therapeutic effect in toothpastes.*

#### ■ Stain/no exposed roots/no canker sores

- Colgate Whitening
- Crest Dual Action Whitening or Multicare

#### ■ Whitening

- Close Up Whitening
- UltraBrite Whitening (blue tube)

#### ■ Stain/exposed roots/no canker sores

- Aquafresh Whitening
- Crest Dual Action Whitening

#### ■ Stain/exposed roots/ canker sores

- Platinum or Gleem

#### ■ Smokers

AVOID Colgate Whitening/Mentadent/Rembrandt/Ultrabright or any other toothpastes with peroxides

### Canker Sores

Avoid Sodium Lauryl Sulfate, pyrophosphates, hexametaphosphates and popcorn - Treat with Colgate Soothe and Seal.

- Healthy Teeth and Gums ([thenaturaldentist.com](http://thenaturaldentist.com))
- Biotene- dry mouth
- Rembrandt Natural and Rembrandt Canker Sore
- Orajel Sensitive

### Sensitive Teeth

If you develop any gum irritation, avoid any pastes with pyrophosphate or hexametaphosphate.

- Aqua Fresh Sensitive
- Crest Sensitivity Protection
- Orajel Sensitive
- Sensodyne: plain not whitening or baking soda
- Colgate Sensitive if above don't work- can stain and not taste

### Tartar Control

Avoid Pyrophosphate ingredient if it causes sensitivity.

- Tom's of Maine: Anti-plaque and tartar control
- Aim Tartar Control
- Close-up Tartar Control Paste and Gel
- Listerine Essential Oils Tartar Control Paste and Gel
- Mentadent Tartar Control Paste
- Pepsodent Tartar Control

### Herbal/Natural

Only ingredients with proven results: Melaleuca, rosemary, sage, thyme. Avoid blood root/sanguinaria.

- Dabur Nature Care
- Denticare Melaleuca
- Rembrandt Naturals
- Jason's
- Tom's of Maine
- Healthy Teeth and Gums ([thenaturaldentist.com](http://thenaturaldentist.com))

### Gingivitis Reduction

If associated with braces - use prescription Omni for Kids or Gel Kam.

- Colgate Total- should not be used in kids or patients with healthy gums
- Crest Pro Health or ProHealth Night- no alcohol and better taste

### Dry Mouth

- Tom's Natural Oral Care
- Prescription Clinpro or MI Paste
- Biotene

### Breath Odor Reduction

Home care needs to include flossing and a tongue cleaner/scraper. Tongue Cleaner/scrapers are more efficient than toothbrush on your tongue. To be effective, it must be used on the posterior 1/3 of the tongue and as far back as the large taste buds.

#### ■ Zinc containing toothpaste

- Tom's of Maine- Anti-plaque and tartar control
- Aim Tartar Control
- Close-up Tartar Control Paste and Gel
- Listerine Essential Oils Tartar Control Paste and Gel
- Mentadent Tartar Control Paste
- Pepsodent Tartar Control
- Closys
- Smart Mouth

#### ■ Chlorine Dioxide Mouthrinse

- Closys II