

# Smiles Better

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## Which toothpaste do you use?

Can you believe its March... where is the year going? I hope all you smokers enjoyed last month's article and are now non-smokers? I was out and about meeting people last week and the first questioned they asked when they heard I was a dentist was 'which toothpaste do you use?' It's a simple question, but when I asked them what toothpaste they were using I got a different answer from them all!! There are many different toothpastes out there all advertising fresh breath, 24 hour protection, healthy gums and whiter teeth.



Smoking stains are more difficult to remove and most people should see their hygienist for stain removal using Airflow. Smokers toothpastes e.g Clinomyn are very similar to whitening toothpastes and can be used between hygiene visits to reduce the amount of staining. They contain more chalk and silica particles which help to remove stains produced by tobacco.

### Why do we use toothpaste and what's in it?

Toothpaste is used in conjunction with toothbrushing to remove plaque and food particles from our teeth, most toothpastes contain:  
 Fluoride, which prevents decay  
 Sodium Lauryl Sulfate (SLS) which makes the paste foam  
 Flavouring which helps combat halitosis (bad breath),  
 Antibacterial agents to ensure healthy gums  
 Baking soda and Calcium Carbonate (chalk) to remove stains

### So what toothpastes are on the market for adults?



### WHITENING

Whitening toothpastes e.g. Pearl drops, will not whiten teeth internally, they only remove extrinsic stains from the tooth enamel, e.g tea/coffee stains. They can be abrasive and so I advise patients who are prone to staining to use them 2-3 times a week. A new whitening toothpaste on the market that claims to be non-abrasive is Blanx, Colgate, Macleans and Sensodyne have their own range of whitening toothpaste which are also very good are are a little less expensive.



### SENSITIVE

I've talked about sensitive teeth before, they are so many new great toothpastes on the market for sensitive teeth, you just need to make sure your using the right one for you. Sometimes it can be trial and error but generally your sensitivity is either because you have thin enamel and so Proenamel or Colgate Enamel Protect are the perfect choice of toothpaste or if you have receding gums then Colgate Pro Relief or Sensodyne Rapid Relief are perfect. They contain Strontium chloride which blocks up the tubules in the exposed dentine which leads to the nerve, therefore stopping the nerve from being stimulated when you eat or drink.



### GUM DISEASE

Corsodyl have brought out a toothpaste aimed at people who have gum disease, the trials and research have shown it's benefits in controlling gum disease. It has a unique taste and takes a bit of getting used to, but a lot of my patients are now converted and they feel their gums are stronger and bleed less.



Sodium lauryl sulphate is used in toothpaste to make them foam, it has been know to cause in allergic reaction in some people and can cause ulcers and mucosal irritations. Using a soothing toothpaste with Aloe Vera e.g Aloedent should help reduce these side effects.

Whichever toothpaste you use, its really important to brush twice daily and after brushing spit out but don't

### ORGANIC/HERBAL

For those who want a toothpaste that contains no artificial colourings, flavouring, sweeteners or preservatives then look out for Kingfisher toothpaste. It uses only natural ingredients and comes in a selection of flavours.

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See You Next Month  
Nuala

