



## PREVENTION OF DENTAL DECAY IN ADULTS AND CHILDREN

### What could I do to prevent decay?

Try to avoid sugary foods, especially between meals  
Maintain good plaque control  
Visit your dentist regularly

### Are Adult Fluoride Treatments Necessary?

Every day your body takes in fluoride and loses fluoride. The way you take in fluoride is through foods you eat and drink. The way you lose fluoride is through demineralization of your teeth when acids caused by plaque bacteria and sugars in your mouth attack tooth enamel. You can "put fluoride back" (as well as calcium and phosphate) into your tooth's enamel layer by eating healthy foods and drinking fluoridated water. Another way to get more fluoride is through fluoride treatments at our practice. Basically if you lose fluoride faster than you take it in, you are at risk of tooth decay.

### How does an adult fluoride treatment from my dentist help me?

Fluoride helps prevent tooth decay by defending your teeth against acid attacks caused by plaque bacteria and sugars in your mouth. Amazingly, it can also reverse early tooth decay. For kids younger than 6 years, fluoride is part of the development of permanent teeth, making it difficult for acids to dematerialize the teeth.



But we now know that adults can also benefit from added fluoride. Fluoride disrupts acid production in the already erupted teeth of adults and children.

In addition to fluoride in foods and water, fluoride can be directly applied to the teeth through fluoridated toothpastes and mouth rinses. You can find some of these products containing fluoride in lower strengths in supermarkets. Stronger concentrations require a dentist's prescription or you can get here at our practice. At Cambridge Dental Hub, we offer high-fluoride toothpaste called Colgate Duraphat. We also offer fluoride treatments for both children and adults.

### In What Forms Is Fluoride Available?

Your dentist can apply fluoride to the teeth as a gel, foam, or varnish. These treatments contain a much higher level of fluoride than the amount found in toothpastes and mouth rinses. Varnishes are painted on the teeth, and this is what we recommend at First Choice Dental. When you have a fluoride varnish, you can eat or drink immediately afterward.

For those in need of an extra fluoride boost, fluoride supplements are available as liquids and tablets, and must be prescribed by your dentist, pediatrician, or family doctor.

### Do Adults Really Need Extra Fluoride?

When teeth are developing in infants and children between the ages of 6 months and 16 years, we're very used to our dentist talking about getting enough fluoride. But adults benefit from fluoride, too. New research shows that topical fluoride -- from toothpastes, mouth rinses, and fluoride treatments -- are as important in fighting tooth decay as in strengthening developing teeth.

### We offer fluoride Treatment.

It involves the application of concentrated fluoride to the exposed areas of the tooth; it requires no injection or drilling and is completely painless.

### Certain Conditions Put Adults at Risk for Fluoride Loss

Some people have certain conditions that put them at increased risk of tooth decay, and so they will benefit from additional fluoride treatments. Here are some examples:

- **Dry mouth conditions caused by diseases or medications.**  
The lack of saliva makes it harder for food particles to be washed away and acids to be neutralized, putting your teeth at risk of demineralization.
- **Gum recession and gum disease**  
These conditions can expose more of your tooth and tooth roots to bacteria increasing the chance of tooth decay.
- **History of frequent cavities:**  
If you have one cavity every year or every other year, you may benefit from additional fluoride.
- **Dental work present in the mouth**  
Crowns, bridges or braces are examples. Some dental treatments put teeth at risk for decay at the point where the crown meets the underlying tooth structure or around the brackets of orthodontic appliances.
- **Patients who are frequent snackers**  
If you eat sugary foods, or have a family history of cavities are at an increased risk of tooth decay.
- **Patients who have deep pits and grooves**  
These areas in the teeth are prone to dental decay.

## DURAPHAT 5000 AND DENTAL CARIES

### Why do I need Duraphat 5000?

Your dental professional has decided that you would benefit from using toothpaste containing a higher level of fluoride than ordinary toothpaste.

Clinical studies indicate that certain people who are at a higher risk of tooth decay can derive additional benefits from the daily use of Colgate Duraphat 5000ppm fluoride toothpaste.

### What is Colgate Duraphat 5000?

Colgate Duraphat 5000ppm fluoride toothpaste is a high fluoride toothpaste for use at home providing protection against tooth decay

### Who can benefit from using Colgate Duraphat 5000?

Colgate Duraphat 5000ppm fluoride toothpaste is suitable for adults and children over 16 years of age who may be at risk from tooth decay including patients with:

- Active tooth decay or a history of tooth decay
- Exposed root surfaces
- High sugar diets
- Orthodontic appliances
- Dry mouth

### How does Colgate Duraphat 5000 work?

The fluoride in Colgate Duraphat 5000ppm fluoride toothpaste can both help to reverse decay in the early stages and strengthen teeth to prevent decay. Fluoride works in several ways to:

- Reduce the formation of plaque acids
- Prevent mineral loss caused by plaque acid
- Promote demineralization of early decay

### How should I use Colgate Duraphat 5000?

Use Colgate Duraphat 5000ppm fluoride toothpaste instead of regular fluoride toothpaste, brushing three times daily.

### Where can I buy Colgate Duraphat 5000?

Colgate Duraphat 5000ppm fluoride toothpaste can only be prescribed by a dentist. It is not available in shops or over the counter at chemists.

