



## Introduction: DURAPHAT 5000 AND DENTAL CARIES

### Why do I need Duraphat 2800ppm/ Duraphat 5000ppm?

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 2800/5000ppm fluoride toothpaste.

### What is Colgate Duraphat 2800ppm/ Duraphat 5000ppm?

Both Colgate Duraphat 5000ppm and Duraphat 2800ppm fluoride toothpaste are high fluoride toothpastes for use at home providing protection against tooth decay

### Who can benefit from using Colgate Duraphat 2800ppm and Duraphat 5000ppm?

Colgate Duraphat 5000ppm fluoride toothpaste is suitable for adults and children over 16 years of age. **(Only on prescription)**

Colgate Duraphat 2800ppm fluoride toothpaste is suitable for adults and children over 10 years of age.

They are indicated for patients who may be at risk from tooth decay including patients:

- Active tooth decay or a history of tooth decay
- Exposed root surfaces
- High sugar diets
- Lots of existing fillings
- Orthodontic appliances and retainers
- Dry mouth
- Dentures, Crowns and Bridges



### How do Colgate Duraphat 2800ppm and Duraphat 5000ppm work?

The fluoride in Colgate Duraphat 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 2800ppm and Duraphat 5000ppm?

Use Colgate Duraphat 2800ppm fluoride toothpaste instead of regular fluoride toothpaste, brushing three times daily as directed by the dentist.

Use Colgate Duraphat 5000ppm fluoride toothpaste instead of regular fluoride toothpaste, brushing three times daily as directed by the dentist. It is not suited for long-term continuous use

### Where can I buy Colgate Duraphat 2800ppm/5000ppm?

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

### What else could I do to prevent decay?

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