

**Discussion on What is a Myth? Urban Legend? Wives tale? Anecdote?
and how they relate to dentistry**

How to stay current on all the new technologies

Journals, websites, conventions, local reps, manufacturers reps

Evidence vs. Eminence??

Where to go for the best information?

ADA web site:

<http://ebd.ada.org/>

Try Google Scholar

<http://scholar.google.com/>

Cochrane web site:

<http://www2.cochrane.org/reviews/>

Manufacturers web sites: Look in professional tabs that review the literature and research

BE SKEPTICAL

ASK HARD QUESTION OF THE COMPANIES

DEMAND GOOD SCIENCE

DEMAND GOOD EVIDENCE

Technologies in mouthwashes Look at mechanism of action and what they kill

Essential Oils

Listerine

CPC (cetylpyridinium Chloride) & Stannous Fluoride

Crest Pro-Health

Chlorhexidine 0.12% With and without alcohol

Pink= Alcohol free by Sunstar Butler

Blue= All other products

New Alcohol Free CHX in now called Peroex

Delmopinol Hydrochloride- PerioShield by Sunstar Butler

Fluorides- Sodium vs. Stannous

Chlorine Dioxide- CloSYS®

Issues with alcohol:

Fermented vs Denatured Alcohol?

Causal effects with oral cancer?

Long Term effects?

Active Ingredient	Description	Product
Essential oils	Fixed combination of eucalyptol, menthol, methyl salicylate, thymol	LISTERINE® Antiseptic and numerous private label brands
Chlorhexidine	Bactericidal antiseptic	3M Peridex®, Colgate PerioGard®, and alcohol-free G·U·M® Chlorhexidine Gluconate
Cetylpyridinium chloride	Quaternary ammonium compound	Crest Pro-Health™ Colgate Total Advance Pro-Shield
Chlorine dioxide	Causes chemicals to unite with oxygen and kill all bacteria	CloSYS® Oxygene®
Delmopinol hydrochloride	Interferes with biofilm, bacterial adherence	G·U·M® PerioShield™



April 2013 *Dimensions of Dental Hygiene*

http://www.dimensionsofdentalhygiene.com/2013/04_April/Cover.aspx

Toothpaste Technologies

Fluoride- Stannous & Sodium Hexametaphosphate

Triclosan

Read “Triclosan Safety Exposed” by A. Spolarich RDH, PhD

Cochrane Review article to read:

http://summaries.cochrane.org/CD010514/ORAL_triclosanpolymer-containing-toothpastes-for-oral-health

ADA seal <http://www.ada.org/en/science-research/ada-seal-of-acceptance/ada-seal-products>

RDA- http://c2-preview.prosites.com/131248/wy/docs/131248_rdh%20sheet.pdf

Chocolate? Crest Be

Theodent- <http://www.theodent.com/>

Aloesense toothpaste

<http://www.aloesense.com/>

Tom's of Maine

<http://www.tomsofmaine.com/oral-care/toothpaste>

Livionex dental gel

<http://www.livionexdental.com/>

Squigle Toothpaste

<http://www.squigle.com/squigle.html>

Enamelon by Premier (Stannous Fluoride + ACP)

<http://www.premusa.com/dental/newproducts.asp>

Hello Products

<http://www.hello-products.com/>

Plaque HD

<http://www.plaquehd.com/>

Toothbrush Technologies and controversies- minimum requirements

Manual (Look at the thickness of the bristle)

Powered

Cochrane Review articles to read:

http://summaries.cochrane.org/CD002281/ORAL_poweredelectric-toothbrushes-compared-to-manual-toothbrushes-for-maintaining-oral-health

Review of patient acceptance

Dispense vs. Prescribe

New toothbrush ideas:

Toof-inger- <http://www.toofingerbrush.com/>

MD Brush- <https://www.mdbrush.com/>

Beam- <http://www.beamtoothbrush.com/>

Silver Care One- <http://www.silvercareone.com/>

Curaprox - <http://www.curaproxusa.com/>

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