

# Tooth Talk

## **“Hey Doc, which toothpaste should I use (Part 2- Types of toothpastes)”**

Although most toothpastes on the market share the common ingredients that I have discussed in the previous article, certain type of toothpaste contains specific ingredient(s) tailored to each consumer's specific need. The followings are some examples of toothpastes that may just be what you are looking for to meet your own specific demand.

- Tartar controlled toothpastes - They often contain specific ingredients such as pyrophosphates, triclosan, and zinc citrate which help reduce the build-up of hardened plaque, called tartar. By reducing tartar build-up, consumers can reduce the amount of bacteria causing gum disease in their mouths and, therefore, reduce gingivitis and bad breath.

- Whitening toothpastes - They contain ingredients such as modified silica abrasives or enzymes which can help whiten teeth by physically removing surface stains more effectively.

- Toothpaste for sensitive teeth - Some consumers have teeth that are very sensitive to hot or cold foods. The sensitivity is usually caused by receding gum, leading to exposed root surfaces. Certain toothpastes contain ingredients such as potassium nitrate, stannous fluoride or strontium chloride which seal and block the openings on the root surfaces, reducing the transmission of hot or cold sensation to the nerve tissues inside the teeth.

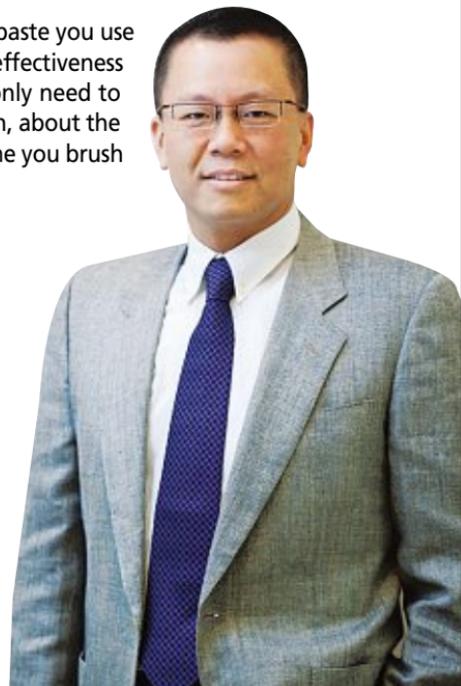
- Children's toothpastes - They are similar to adult toothpastes except with less fluoride. So, if kids happen to swallow the toothpastes when they brush, they are less likely to ingest too much fluoride into their body system, thereby reducing the risk of developing "Fluorosis" which can cause unsightly "white" spots on kids' adult teeth.

- Smoker's toothpastes - They are specifically formulated to better remove nicotine and tar stains caused by smoking.

- Baking Soda toothpastes - With baking soda's natural basic pH, these toothpastes can potentially help neutralize the acid produced by the bacteria on the tooth surfaces, thereby making cavity-prone individuals less susceptible to getting tooth decay .

Whether you are looking for a toothpaste with a specific ingredient or not, it is generally recommended that you should use a toothpaste with a seal of approval from either the Canadian or the American Dental Association.

The seal of approval ensures that the brand of toothpaste you use has met the CDA or ADA's requirements for safety and effectiveness in reducing tooth decay. Also, remember that you only need to put a small amount of toothpaste on your toothbrush, about the size of a "pea", and brush for full 2 minutes every time you brush for effective tooth surface cleansing.



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