

Healthy People Dental

YOU AND YOUR TOOTHPASTE

Types Of Toothpaste

These days, you may feel overwhelmed by the types of toothpaste available at your grocery store or pharmacy. Just remember: The best toothpaste for you is the one you like well enough to use every day. Of course, you can buy a few different types for variety, or to suit the tastes and needs of your family members. Today, there are toothpastes to meet the oral care needs of virtually everybody, and you can't really go wrong with any toothpaste that has the seal of the American Dental Association.



That said, some toothpastes do offer specific benefits in addition to cleaning teeth. Some specialty types of toothpaste include:

- **Antimicrobial.** Antimicrobial toothpastes may contain stannous fluoride, an antibacterial agent that also provides anti-cavity and sensitivity benefits.
- **Tartar control.** Tartar-control toothpastes may contain sodium pyrophosphate which helps to keep tartar from forming on teeth or better yet, sodium hexametaphosphate, which helps prevent tartar and stain, above the gum line. But if you already have stubborn tartar, tartar control toothpaste won't remove it—you'll need a professional cleaning from your dental hygienist.
- **Whitening.** Whitening toothpastes contain chemical or abrasive ingredients to help remove and/or prevent stains from forming on the teeth. When used regularly, whitening toothpastes can reduce the appearance of stains and make your teeth look whiter.

Getting The Most Out Of Your Toothpaste Tube

Almost all of us try to save money by getting the most out of everything. That can include your tube of toothpaste. Most toothpaste tubes offer the best advice, "Squeeze tube from the bottom and flatten as you go up." Following this procedure helps make it easier to get the most out of your toothpaste investment.

What exactly happens when you squeeze a tube of toothpaste? Toothpaste is technically a solid material, but its mixture is a complex blend of liquids and the small, abrasive particles that do the work of cleaning your teeth. When you squeeze a tube of toothpaste, the parts of the paste closest to the walls of the tube liquefy under pressure, and allow the solid, pasty center to flow out onto your toothbrush. Of course, toothpaste also turns to a liquid under the pressure you apply when you brush your teeth.

Making Oral Care More Exciting With Different Toothpaste Flavors

Once upon a time, toothpaste just tasted like...toothpaste. For many years, the only flavor choices were mint, and perhaps peppermint or spearmint. The old standbys remain popular, but these days, toothpastes also come in spicy flavors such as fennel or cinnamon-clove, or even in fruit flavors such as apricot or peach. Recently, toothpastes have adopted more trendy flavors, such as Crest's Vanilla Mint and Mint and Green Tea varieties.

If you're interested in trying a new flavor or type of toothpaste, but don't want to commit to a whole tube in case you don't like it, ask your dentist for a free toothpaste sample. Or check online for coupons so you can try different types at a discount. Also, travel sized toothpaste is available for purchase at most discount department stores or pharmacies. Of course, toothpaste flavors designed to appeal to kids can help make oral care more exciting. If your child is less than enthusiastic about oral care because he or she doesn't like standard toothpaste flavors, consider fun flavors made for kids. Most come in child-friendly packages and have milder flavors than standard toothpaste. The key goal is to develop good oral care habits by making twice-daily brushing and daily flossing more fun.

Healthy Mouth Recipe

Mango, Avocado & Cucumber Salad—Summer in your Mouth!

- 1 ripe mango, peeled and chopped (about 1.5 cups chopped)
- 1 avocado, chopped
- 1 large cucumber, half peeled, seeded and chopped (about 2.5 cups chopped)
- 3 tablespoons chopped cilantro
- 1 tablespoon chopped mint

Directions: Chop all ingredients then gently toss in Honey Lime Vinaigrette (directions below). Store it in an airtight glass container in the refrigerator up to 3 days.

Honey Lime Vinaigrette

- 3 tablespoon fresh lime juice
- 3 tablespoons extra virgin olive oil
- 1 tablespoon honey
- 1/4 teaspoon fine sea salt

Directors: Whisk all ingredients together until emulsified.

