By ADAA

In Western society, toothbrushing was introduced as an oral care habit in the 18th century, and plastic toothbrushes with nylon bristles have been used since the middle of the last century. However, while there are numerous versions of manual toothbrushes on the market, there has been no clear evidence that any specific design is superior to another. Therefore, the choice of toothbrush is mainly a matter of individual preference. Despite daily use, in practice the efficacy of manual brushing is such that it does not appear to result in optimal oral hygiene.


The two best-known databases, PubMed and Cochrane, were searched for articles that addressed the efficacy of a manual toothbrush following a single brushing exercise. In order for an article to be included in the review, subjects in the study had to be healthy adults who were not wearing an orthodontic appliance or a removable prosthesis, and who had brushed without using ad-
Coronary heart disease patients with no teeth have nearly double risk of death

Researchers connect levels of tooth loss (due primarily to poor dental hygiene that leads to periodontal disease) with increasing rates of death and stroke.

By Dental Tribune U.S.

Coronary heart disease patients with no teeth have nearly double the risk of death as those with all of their teeth, according to research recently published in the European Journal of Preventive Cardiology. The study with more than 12,000 patients from 39 countries found that levels of tooth loss were linearly associated with increasing death rates.

“The relationship between dental health, particularly periodontal disease, and cardiovascular disease has received increasing attention over the past 20 years,” said lead author Dr. Ola Vedin, cardiologist at Uppsala University Hospital and Uppsala Clinical Research Center in Uppsala, Sweden. “However it has been insufficiently studied among patients with established coronary heart disease who are at especially high risk of adverse events and death.”

“Patients with a high level of tooth loss were older, smokers, female, less active and more likely to have diabetes, higher blood pressure, higher body mass index and lower education.”

During follow-up there were 1543 major cardiovascular events, 705 cardiovascular deaths, 1220 deaths from any cause and 391 stroke events. After adjusting for cardiovascular risk factors and socioeconomic status, the primary outcome was major cardiovascular events (a composite of cardiovascular death, myocardial infarction and stroke).

After screening 2,119 articles, 120 were reviewed. Of these, 59 articles were selected for full review. The included studies were heterogeneous in design and quality, and the majority of studies were case-control or cohort studies (12). Comparables were 746 patients from 39 countries on five continents. This was the study to prospectively assess the relationship between tooth loss and outcomes in patients with coronary heart disease (CHD). The results are from a sub-study of the STABILITY trial, which evaluated the effects of the Lp-PLA2 inhibitor darapladib versus placebo in patients with CHD.

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“...reduction of 61%, the most effective toothbrush was one with angled bristles…”

In summary, the overall weight- ed mean plaque score reduction after a single manual brushing ex- erience was 46%. A sub-analysis of the various bristle designs revealed that the most frequently recommended manual toothbrush—one with a Flat- trim design—numerically re- duced plaque less than a toothbrush with multi-level bristles. Based on an estimated weighted mean Navy Index plaque score reduction of 61%

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In conclusion, the mean plaque score reduction efficacy following a single brushing exercise being 46% is influenced by the duration of brushing and bristle design. From a practical perspective, if only ap- proximately 40% of the plaque score is reduced this means that there is room for improvement. This could be partly achieved by increasing the awareness of brushes with indi- vidualy tailored instructions, for ex- ample, through their use of disloc- ing agents and a mirror. Motivating brushes to improve their brasing technique and to brush for a suf- ficient length of time is also impor- tant. In studies where it was possible, an analysis of the influence of brushingd time revealed the plaque score was reduced by only 10% in the minute of brushing. With two minutes of brushing, the reduction almost doubled to 46%.

Reference:
2. The Stabilization of Atherosclerotic Plaque by Inhibition of Darapladib Therapy (STABILITY) study evaluat- ed the efficacy of darapladib, an oral inhibitor of lipoprotein-associated phospholipase A2, compared to pla- cebos. Patients were eligible to par- ticipate if they had coronary heart disease, defined as prior myocardial infarction, prior coronary revascular- ization, or multivessel coronary heart disease without revasculariza- tion.
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New toothpaste removes four times more plaque than other toothpastes

By DTI

CHICAGO, USA: Microbial biofilms, or dental plaque, on teeth significantly contribute to the development of dental caries, gingivitis and periodontitis, and should therefore be managed through daily brushing and flossing. A recently published study has now shown that a new toothpaste, which contains teal disclosing agents to color and identify plaque build-up on teeth, helps users remove up to four times more plaque than a standard toothpaste does.

In the study, 35 healthy patients aged 18–64 who had all 12 anterior teeth were divided into two groups. At two visits to the University of Illinois at Chicago College of Dentistry over the course of seven to ten days, participants in the first group brushed their teeth with a control toothpaste only. Participants in the experimental group used the control toothpaste at one visit and the Plaque HD toothpaste, which contains an FDA-registered annatto seed extract dye, as well as FD&C Blue No. 1, giving the toothpaste a green color that adheres to intra-oral plaque, at the second visit.

After brushing, participants rinsed with fluorescein solution: the presence of plaque on tooth surfaces was visualized by plaque-bound fluorescein, photographed and digitally quantified to calculate the percentage of remaining plaque. The data analysis showed a statistically significant mean plaque reduction between the initial baseline appointment and the second appointment for the experimental group. While participants in the control group were only able to eliminate about 8 percent more plaque, participants in the experimental group removed over 50 percent more dental plaque compared with the first visit.

“This study demonstrates that brushing with a toothpaste with plaque-indicating dye, combined with proper use instructions, significantly increases plaque removal efficacy,” the researchers concluded.

According to the manufacturer of Plaque HD, the toothpaste incorporates Targetol Technology, which contains all-natural, plant-based disclosing agents, and colors any plaque.


Study finds high urinary mercury levels in children with amalgam fillings

By DTI

DAEGU, South Korea: Although equivalent alternatives have become available over the past decade, dental amalgam remains in use as a restorative material for dental caries in children in many countries. The safety of dental amalgam, however, is still a controversial issue among experts, as it has been associated with developmental disorders and systemic conditions. A Korean study has recently provided evidence that dental amalgam exposure can affect systemic mercury concentration in children.

A number of studies have indicated that mercury exposure could be involved in problems in early brain development. Mercury has also been associated with adverse health effects relating to the digestive and immune systems, as well as the lungs, kidneys, skin and eyes. Awareness and recognition of these health and environmental implications have led to a ban on the use of dental amalgam in some high-income countries. However, dental amalgam restorations are still taught in the dental curriculum in South-East Asia. In Myanmar, for example, about 50 per cent of fillings placed are of amalgam.

The study, titled “Dental amalgam exposure can elevate urinary mercury concentrations in children,” was published online on February in the International Journal of Dentistry.
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Scanning electron microscopy (SEM) allows for highly magnified viewing of the dentine surface. The images demonstrate how the open dentine tubules are plugged and sealed after application of Colgate® Sensitive Pro-Relief™ toothpaste.

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* When toothpaste is directly applied to each sensitive tooth for 60 seconds.

References:
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