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It's that time of the year again to share our knowledge to help educate our patients to achieve good dental health. This newsletter will provide you with information about oral medicaments, which will include Fluoride and Xylitol..

FLUORIDE is "a naturally occurring nutrient that can decrease the likelihood of dental caries (cavities)". It can also help decrease sensitivity of tooth enamel and areas of exposed root. We use a professional fluoride product known as fluoride varnish. These agents are "painted" on the teeth and prolong fluoride exposure. The varnish is thick and sticky in consistency, almost a sap-like substance. It is activated by the saliva in your mouth and quickly adheres to the tooth. The fluoride ion absorbs to the tooth surface and attracts calcium ions. This process accelerates the remineralization (rebuilding of strong, healthy enamel) of teeth. Fluoride varnishes have been shown to reduce the risk of caries on permanent teeth from between 18% and 77%. They have also been shown to have an 80% reversal rate of initial cavities on primary (baby) teeth.

XYLITOL is a sugar alcohol sweetener which is a natural occurring sugar substitute. It's alkaline, not acidic, and is derived from tree bark and corn husks. You will benefit from using Xylitol regularly because it neutralizes the PH in the mouth which renders the acidic cavity causing bacteria inactive. Xylitol comes in different forms such as mints, gum, and sugar substitutes. Benefits of using Xylitol are that it strengthens the tooth enamel, prevents cavities, increases bone density and prevents ear infections.

We are very excited with our new website. Please visit it for more information on these medicaments and the latest news about our office events. **Our website address is www.ellsworthandwarren.com.** Also ask your Hygienist when you are in for your regular cleaning about Xylitol and Fluoride.

To keep you updated we are all hoping for sunny weather on October 10th for the annual Race for the Cure Walk or Run. We as a team are excited to participate in such a great cause.

SAVE THE DATE: NOVEMBER 11, 2010, 4PM - 7PM and help us celebrate 65 years of continuous caring dentistry in Litchfield Park.

Donna

Kate

Julie

Sarah

Wendy