



K A R A H A D I A N

COMPREHENSIVE DENTISTRY



Fall 2011

Welcome to our first Patient Wellness Newsletter

(As your dental health partner we are committed to helping you keep your healthy, attractive smile for a lifetime. Our newsletter will allow us to pass on important life-style tips and medical information to you in between your regular visits with us.)

Which toothpaste should I buy?



A trip to the aisle with toothpaste at your local grocery can certainly cause one to stop and pause. Too many choices can make you wonder “ are there good, better and best? ” If you stop and read the label of almost every brand you will find that behind all the packaging and glitz lies the same basic ingredients. First and foremost, you want a fluoride toothpaste to help avoid cavities. Most pastes also list glycerin, calcium carbonate (a brasive) and sodium laurel sulfate (foaming agent), along with flavorings and colorings. Certain brands also have a special anti-bacterial agent called triclosan which slows down plaque buildup, as well as an ingredient to help with chalky tarter deposits.

For our patients that do not have sensitivities to any specific ingredient, we recommend any fluoride toothpaste that is on sale. We give you Colgate Total in your checkup visit bag, feeling that this is an excellent ‘ all around ’ toothpaste.

There are some ‘ special purpose ’ toothpastes that we will cover in our next newsletter.

Please feel free to ask your hygienist or doctor if you have any questions, and remember, don ’ t be overwhelmed by the marketing hype in the toothpaste aisle!

We always appreciate your referral of friends and family to our office for their dental health needs.

Please visit our website at : www.karahadiandental.com

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