

Relieving the symptoms of dry mouth and protecting oral health

Oral health brand TePe has introduced TePe Hydrating Mouth Wash and TePe Hydrating Mouth Gel, an innovative oral care range developed to relieve the symptoms of dry mouth, providing long-lasting comfort whilst protecting oral health.

Dry mouth (also known as xerostomia) is a condition that affects one in five people. It is linked to ageing, medical conditions, such as Sjögren's syndrome, Parkinson's, Alzheimer's and diabetes, the menopause, and medications or treatment, including chemotherapy.

TePe Hydrating Mouthwash and TePe Hydrating Mouth Gel provide much needed relief from dry mouth. The symptoms, which range from mild to severe, include extreme thirst, difficulties chewing or swallowing, a sticky, dry feeling in the mouth, bad breath, a sore throat and dry, cracked lips. Dry mouth doesn't just affect comfort: decreased saliva production

also increases the risk of oral health issues, such as tooth decay, infections, and gum disease (gingivitis).

Developed by dental experts, TePe Hydrating Mouthwash and TePe Hydrating Mouth Gel help to soothe the mouth and stimulate saliva production.

TePe Hydrating Mouthwash is a gentle formula which soothes and moisturises the oral cavity for long-lasting comfort and effective relief from dry mouth.

The hydrating oral care solution contains 0.2% fluoride to provide effective protection against cavities - a crucial defence against the increased oral health risks associated with dry mouth.

To cater to patient preference and those with dry, sensitive mouths, TePe Hydrating Mouthwash is available in two flavours, mild apple-peppermint and unflavoured.

For dry mouth sufferers seeking immediate and long-lasting relief, TePe Hydrating



Mouth Gel offers a gentle, moisturising solution. Available in a mild peppermint and unflavoured variety, TePe Hydrating Mouth Gel soothes the oral cavity, providing sustained comfort.

It also has a convenient pump dispenser to facilitate easy application, making it an ideal on-the-go solution.

TePe Hydrating Mouthwash (RRP: £8.00) and TePe Hydrating Mouth Gel (RRP: £6.40) are available now from dental wholesalers and TePeDirect.com.

Insights from inaugural Dental Schools Advisory Board meeting

At the end of January 2024, a select group was brought together on the South Bank in London by KENVUE for the inaugural Dental Schools Advisory Board meeting.

The overarching aim was to discuss the current evidence base to support oral health recommendations and to find out how KENVUE can best support dental schools and the future of dentistry, for the most beneficial patient outcomes.

In attendance were:

- Sarah Bain, Bristol Dental School
- Sarah Barber, University of Portsmouth Dental Academy
- Emma Bingham, University of Sheffield School of Clinical Dentistry

- Bal Chana, Queen Mary Institute of Dentistry
- Zoe Coyle, Edinburgh Dental Institute, University of Edinburgh
- Sarah Duerden, University of Central Lancashire School of Medicine and Dentistry
- Sarah Murray, Queen Mary Institute of Dentistry
- Adetunji Otemade, King's College London, Faculty of Dentistry, Oral & Craniofacial Sciences
- Benjamin Tighe, Eastman Dental Hospital.

The event was chaired by Professor Iain Chapple, who, alongside Professor Chris

Deery, steered discussions to ensure participants understood that the most valuable aspect of the event was to be able to have an open and frank debate, after the evidence base for challenging traditional paradigms in relation to periodontal diseases and caries was presented by the pair.

At the end of the day, the group aligned on the following general consensus*, which can now be

used to inform future collaborative efforts and share among the dental community:

'Biofilm driven oral diseases represent a major burden to human health and the economy.

'Patient education that promotes early regular biofilm disruption and reduction is a key primary prevention strategy for gingivitis and dental caries, consistent with minimally interventive operative approaches.

'Specific thresholds from national guidelines should be personalised to individual patients using clinical judgment underpinned by the evidence base. S3 level clinical guidelines form the basis for best practice.

'Published guidance supports the message "spit don't rinse with water". However, evidence clearly highlights benefit from the adjunctive use of ≥ 226 ppm fluoride containing mouthrinses (with proven antimicrobial effects) post brushing unless specifically contraindicated (eg children under 8).'

For further information, visit <https://academy-plus.co.uk/listerine>.

*General consensus achieved with eight out of nine delegates in complete alignment.

