

# Dental products and services

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## Toothpaste to combat the effects of acidic drinks

The consumption of soft drinks, fruit juices and sports drinks continues to rise. The erosive nature of these drinks is well documented, which begs the question of what can be done to provide protection against their damaging effect. One study found that toothpaste containing stabilised stannous fluoride provided significant acid protection over that provided by conventional fluoride products.<sup>1</sup> This is strongly attributable to the high bioavailability of stannous fluoride in the formula. It is believed that toothpastes containing this ingredient produce a protective barrier layer that remains on the tooth for hours after the products use. It is this, the authors conclude, which helps protect enamel against the initiation and progression of dietary acid attack.



Oral-B Pro-Expert toothpaste contains a combination of stabilised stannous fluoride and sodium hexametaphosphate. Professor Nicola West has commented that patients susceptible to erosion would benefit from twice daily use of fluoride toothpaste with stabilised stannous fluoride, such as Pro-Expert.

Whilst it is hoped that education on the damaging effects of acidic drinks will go some way in controlling the problem of erosion, providing protection against the effect of such drinks will help individuals retain their enamel. Unlike the supply of these damaging beverages, once enamel's gone, it's gone!

1. Fallor R V, Eversole S L, Tzeghai G E. Enamel protection: a comparison of marketed dentrice performance against dental erosion. *Am J Dent* 2011; **24**: 205-210.

## New app looks at diet and the teeth

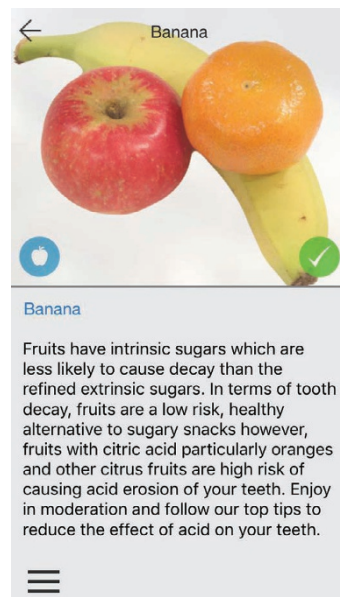
FoodForTeeth is a prevention-based app designed by young dentists Prateek Biyani and Jasneet Gulati. The app officially launched on the iOS platform in November 2016 and has already been prescribed to patients in primary care.

The aim of FoodForTeeth is to educate patients about the causes of dental disease and how our diet is so crucial for our oral health. This is achieved by promoting the use of digital diet diaries as a dietary investigation, as well as through a traffic-light system database of common foods and drinks with their risk of caries and erosion.

The app is designed to be used very closely with the patient's dentist/DCP, so that the patient can present their diet diary via the FoodForTeeth app and engage in conversation about their diet. This can then allow tailored, specific dietary advice to be given as part the preventative regime for the patient.

The app has been checked and edited by expert nutritionists and the dietary advice has been designed to be holistic, as much of the dietary factors that lead to caries are also linked to diabetes and obesity.

The designers of the app hope that *BDJ* readers will use FoodForTeeth as a diet investigation tool with their patients, and would welcome feedback to help improve the free app. Visit <http://www.foodforteach.com> to find out more and to leave feedback.



## Don't let tax be taxing

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