

DENTISTRY FOR  
**TOTAL BODY  
WELLNESS**

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Measure Your Oral Health in 7 Key Areas

PRESENTED BY



**DENTISTRY IS NOT JUST ABOUT PRETTY TEETH.  
IT'S ABOUT TOTAL BODY WELLNESS.**

A trip to the dentist typically involves fillings, cleanings, and other routine services. But today, progressive dentists are spending more time learning and informing patients how dentistry and overall health are directly connected. Why?

By recognizing the connection between dental health and overall health your dentist has the potential to help you improve many things, including:



**Quality of Your Life**



**Your Vitality**



**Length of Your Life**



**HEALTH  
..... IS A .....  
RELATIONSHIP  
BETWEEN  
· YOU ·  
AND YOUR  
BODY**

## “YOU CAN BE SICK WITH A HEALTHY MOUTH BUT YOU CAN’T BE HEALTHY WITH A SICK MOUTH.”

- Dr. Doug Thompson, Wellness Dentistry Network founder

Our body is an intricate system and everything is connected. Most people don’t realize that maintaining your oral health will affect your overall health. How?

More than 75% of Americans have some form of **gum disease** (also known as periodontal disease) that is usually indicated by bleeding gums when brushing and flossing. Eventually root surfaces are exposed and teeth may be lost. But there is another reason why this condition should not be taken lightly.

Your mouth contains certain bacteria, yeasts or viruses that live around the teeth. When your gums bleed, the bacteria can enter your bloodstream and spreads to your entire body. The result is inflammation, damage to other body functions, and potential disease.

The **more** attacks your body defends and the **longer** it must fight, the more often it leads to diseases like:

- ✓ Heart disease
- ✓ Stroke
- ✓ Dementia
- ✓ Diabetes
- ✓ Alzheimer’s disease

**For more information** and resources about the oral systemic connections to certain diseases, see page 14.



# THREE STEPS TO OPTIMAL HEALTH:

## 1. CONSIDER YOUR LIFESTYLE

There are several external factors that most significantly impact our health:



## 2. ASSESS YOUR DENTAL HEALTH

A preliminary assessment of your own oral health will help you determine if you are at risk in any area and whether additional steps should be taken.

This eBook can help you measure your risk in seven key areas of your dental health:

1. Gum Disease
2. Cavities
3. Biocorrosion
4. Bite Disease
5. Oral Cancer
6. Sleep Apnea
7. Appearance

Your dentist can use the information from the following risk assessment questionnaire to recommend products or procedures and know when to avoid doing anything that is unnecessary. A thorough in-person evaluation and investigation in the following areas will allow your dentist to personalize your care.

**LET'S GET STARTED!**

## GUM DISEASE

Gum disease starts with harmful bacteria living around and on the teeth. It can lead to eventual tooth loss preventing you from enjoying a healthy diet. In addition, the bacteria that cause gum disease can also contribute to heart disease and a long list of whole body ailments. If you have active gum disease, a plan to stabilize it will be our first priority.

- Y**  **N** Are your gums painful or do they bleed when you brush and floss?
- Y**  **N** Have you even been told you should have your teeth cleaned more than twice a year?
- Y**  **N** Have you ever been treated for gum disease?
- Y**  **N** Do you have family members with a history of gum disease?
- Y**  **N** Does it appear your teeth are getting “longer” or do you have receding gums?
- Y**  **N** Have you ever experience bad breath or had an unpleasant odor or taste in your mouth?
- Y**  **N** Do you smoke or use tobacco products?
- Y**  **N** Have you ever had any teeth become loose or fall out on their own?

If you answered “**No**” to **all** of these questions, you likely have low risk for this disease.

If you answered “**Yes**” to **any** of these questions, further evaluation by your dentist is recommended.

### WHAT'S NEXT?

Make an appointment with a comprehensive dentist that can assess your level of risk. A thorough evaluation along with investigating the above areas will allow your dentist to personalize your care and take steps to manage this disease.

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***Did you know?** A simple 30 second rinse and spit test can determine what bacteria are living in your mouth that may contribute to this disease!*

## CAVITIES

Contrary to what we used to think not everyone with teeth will get cavities. Cavities are caused by a bacterial infection that can be stopped. No one should have new cavities each time they have a dental visit. You get cavities because you have a certain type of bacteria. With medicine, these bacteria can be stabilized.

- Y  N Have you had any cavities within the last three years?
- Y  N Do you notice any white, brown or black spots on your teeth?
- Y  N Do you feel or notice any holes in the biting surfaces of your teeth?
- Y  N Are your teeth sensitive to hot, cold or sweets?
- Y  N Does anyone in your family have a history of cavities?
- Y  N Do you experience a dry mouth or do you have difficulty swallowing any food?
- Y  N Do you eat frequent snacks in between meals?
- Y  N Do you consume beverages that have a high acid content or that have a high sugar content?
- Y  N Do you use a toothpaste that is fluoride free?
- Y  N Do you have fluoride in your water?
- Y  N Has it been over five years since dental radiographs have been taken?

If you answered “**No**” to **all** of these questions, you likely have low risk for this disease.

If you answered “**Yes**” to **any** of these questions, further evaluation by your dentist is recommended.

### WHAT'S NEXT?

Make an appointment with a comprehensive dentist that can assess your level of risk. A thorough evaluation along with investigating the above areas will allow your dentist to personalize your care and take steps to manage this disease.

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*Did you know? A simple 15 second swab test can allow us to measure your oral bacteria and help determine your risk for tooth decay!*



## BIOCORROSION

Biocorrosion is a term to describe damage to the teeth from chewing stress, prolonged exposure to acids from the stomach or the diet, and abrasion from additives in toothpaste. Early identification and management can limit damage to the teeth and help avoid unnecessary repairs. These factors alone, or in combination, can cause notches at or near the root surfaces or on the biting surfaces of the teeth.

- Y**  **N** Do you have grooves or notches in your teeth near the gumline?
- Y**  **N** Do you have visible white or brown spots on your teeth?
- Y**  **N** Are your teeth losing minerals and getting rougher, weaker or picking up more stains?
- Y**  **N** Do you use toothpaste that promises tartar control or teeth whitening?
- Y**  **N** Do you clench or squeeze your teeth together?
- Y**  **N** Do you consume carbonated beverages or sports drinks?
- Y**  **N** Have your teeth discolored?

If you answered “**No**” to **all** of these questions, you likely have low risk for this disease.

If you answered “**Yes**” to **any** of these questions, further evaluation by your dentist is recommended.

### WHAT'S NEXT?

Make an appointment with a comprehensive dentist that can assess your level of risk. A thorough evaluation along with investigating the above areas will allow your dentist to personalize your care and take steps to manage this disease.

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*Did you know? Biocorrosion can be stabilized but it needs to be recognized first!*



## BITE DISEASE

Your teeth are supposed to last a lifetime and are designed to be problem free. Bite disease can cause unsightly premature tooth loss or damage to the teeth for both children and adults. Night grinding can also result in damage to the chewing surfaces of the teeth. Bite disease can affect your ability to eat and chew essential foods for good health. It can also cause unsightly tooth damage that may affect one's appearance, their facial esthetics and the confidence that comes from a great smile.

- Y  N Are your teeth wearing away, being ground down, getting smaller, chipped or thinning?
- Y  N Do you clench or squeeze your teeth to make them fit better together?
- Y  N Do you have problems chewing hard or chewy foods like a bagel or protein bar?
- Y  N Are your teeth crowding or developing spaces?
- Y  N Do you wear or have you ever worn a bite appliance?
- Y  N Were braces ever recommended for you?
- Y  N Do you chew ice, your nails, or hold anything other than food between your teeth?
- Y  N In the morning, do you have pain in the jaw joint or muscles of the face?
- Y  N Do you have problems chewing?
- Y  N Do you have problems with your jaw joint?

If you answered “**No**” to **all** of these questions, you likely have low risk for this disease.

If you answered “**Yes**” to **any** of these questions, further evaluation by your dentist is recommended.

### WHAT'S NEXT?

Make an appointment with a comprehensive dentist that can assess your level of risk. A thorough evaluation along with investigating the above areas will allow your dentist to personalize your care and take steps to manage this disease.

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***Did you know?** When bite disease is stabilized, teeth should show no evidence of change year after year.*



## ORAL CANCER

In less than an hour someone will die from oral cancer. Early detection and management can prevent this. Historically the death rate associated with this cancer is particularly high not because it is hard to discover or diagnose, but due to the cancer being routinely discovered late in its development. Today 40% of oral cancers are being found in patients that do not display social or lifestyle risk factors.

- Y  N Have you had oral cancer in the past?
- Y  N Do you have a family history of oral cancer?
- Y  N Do you consume alcohol regularly?
- Y  N Do you or have your used tobacco products of any type?
- Y  N If you are sexually active, do you or your partner have multiple sex partners?
- Y  N Do you have a weakened immune system?

If you answered “**No**” to **all** of these questions, you likely have low risk for this disease.

If you answered “**Yes**” to **any** of these questions, further evaluation by your dentist is recommended.

### WHAT'S NEXT?

Make an appointment with a comprehensive dentist that can assess your level of risk. A thorough evaluation along with investigating the above areas will allow your dentist to personalize your care and take steps to manage this disease.

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***Did you know?** Traditional risk factors for oral cancers include age, alcohol consumption and smoking. We strongly encourage oral cancer screenings at least once a year.*

## SLEEP APNEA

It is estimated that 90 million people in North America have breathing issues that lead to snoring and sleep apnea. The lack of oxygen caused by snoring and sleep apnea increases your risk of high blood pressure, leading to heart attack and stroke. Great news is that sleep apnea can be treated effectively if properly identified and diagnosed. Proper sleep can add quality years of increased vitality and longevity.

### Epworth Sleepiness Scale

Please indicate how likely you are to doze off or fall asleep in the following situations:

(0=Never, 1=Slight, 2=Moderate, 3=High chance of dozing off)

Sitting and reading.....	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Watching television.....	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Sitting inactive in a public place (e.g. theatre, meeting).....	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
As a passenger in a car for one hour without a break .....	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Sitting down quietly after lunch without alcohol .....	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Lying down to rest in the afternoon.....	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Sitting and talking to someone .....	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
In a car, while stopped for a few minutes in traffic .....	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3

My total score: \_\_\_\_\_

### Based on the answers to the questions above:

• If your score is 9 or above, it is recommended you be evaluated for this disease.

• If your score is 0-6, you likely have low risk for this disease.

### WHAT'S NEXT?

Make an appointment with a comprehensive dentist that can assess your level of risk. A thorough evaluation along with investigating the above areas will allow your dentist to personalize your care and take steps to manage this disease.

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**Did you know?** People with sleep apnea are 5x more likely to have a traffic accident.



## APPEARANCE

Your teeth are the foundation of your smile. Your smile is a significant focal point of your face and shapes your appearance. Abnormalities in tooth shape, color, position, can have an impact on social acceptance, personality development, and affect how others “see” you. Tooth shape, color, and position are all alterable and can be enhanced for a beautiful smile.

- Y  N Is there anything about the appearance of your teeth that you would like to change?
- Y  N Have you ever whitened or bleached your teeth?
- Y  N Do you feel like your teeth are crooked or out of alignment?
- Y  N Does the way your teeth look affect your desire to smile wide?
- Y  N Have you been told by a family member or friend that your teeth are dark or oddly shaped?
- Y  N Were braces ever recommended for you?
- Y  N Do you have any gaps or spaces that show from missing teeth?
- Y  N Have you been disappointed with the appearance of previous dental work?
- Y  N Do you feel uncomfortable or self-conscious about your smile?
- Y  N Do you avoid having photos taken of you smiling?

If you answered “**No**” to **all** of these questions, are likely comfortable and satisfied with your smile.  
If you answered “**Yes**” to **any** of these questions, further evaluation by your dentist is recommended.

### WHAT'S NEXT?

Make an appointment with a comprehensive dentist that can assess your level of risk. A thorough evaluation along with investigating the above areas will allow your dentist to personalize your care and take steps to manage the appearance of your smile.

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*Did you know? Beautiful smiles produce confidence, positive self-esteem and have other benefits that all contribute to good health.*



### 3. VISIT A DENTIST AWARE OF HOW THE MOUTH CAN AFFECT THE REST OF THE BODY

As kids, we learn that dentists fix our teeth and doctors fix all our other body aches and pains. But dentists today make people better AND have a huge role in whole body health. But not all dentists are aware of the oral systemic health connection!

A dentist aware of oral systemic health is dedicated to continuing education and advanced research. Organizations such as the **Kois Center** and the **Wellness Dentistry Network** teach dentists to recognize harmful mouth issues and to collaborate with medical doctors for better patient health.

As a member of both organizations, Dr. Madhuri Vanama can assess your risk for serious diseases like heart disease, diabetes, stroke and Alzheimer's. A thorough diagnostic-based treatment plan will help you manage your disease.

#### BENEFITS OF AN ORAL SYSTEMIC APPROACH TO DENTISTRY

**Less Time** – Chronic disease results in billions of dollars in lost productivity each year. Reduce any unneeded time off work.

**Less Money** – Screening for and identifying chronic diseases in dental offices will reduce your future health care costs.

**Preventing Problems** – Sealants, oral cancer screenings and healthy hygiene habits protect your family from gum disease and other debilitating conditions.

**Looking Ever-Spectacular** – Having a healthy smile complements your facial features and makes you look youthful and attractive any way you look at it.

## ORAL SYSTEMIC HEALTH CONNECTION

Dr. Madhuri Vanama and the entire Discovery Dental team provide the best possible dental care to their patients. By protecting the health of your mouth, you contribute to your overall wellness. Emerging scientific studies are showing many important connections between the health of your mouth and body.

### CONSIDER SOME EXAMPLES:

#### **Gum Disease and Heart Disease**

A 2016 study revealed that those with gum disease were **2.5 times** more likely to suffer heart attacks than those with healthy gums! A serious oral infection can result in tooth loss, and if untreated, has now been shown to cause cardiovascular disease.

#### **Gum Disease and Diabetes**

Certain oral conditions can increase your chance of becoming diabetic. If you already have diabetes, you are **2-4 times** more likely to develop gum disease, which in turn can increase blood sugar and diabetic complications.

#### **Gum Disease and Alzheimer's**

Higher levels of antibodies to oral bacteria are associated with increased inflammation in the body, which is linked to greater rates of cognitive decline.

#### **Metabolic Syndrome**

Metabolic syndrome is a cluster of conditions that increase your risk for heart disease, stroke, and diabetes, including increased blood pressure, high blood sugar levels, excess body fat around the waist, and abnormal cholesterol levels.

*We would be happy to discuss more with you. Please call our office for more information.*

## WHAT CAN YOU DO?

Oral bacteria identification through a sophisticated test like **MyPerioPath®** is a widely used technique to identify the pathogens that cause gum disease. Thousands of physicians and dentists rely on this type of test to personalize periodontal treatment and recognize related systemic health risks. Learn more on our website!

## EVERYTHING YOU NEED AND NOTHING YOU DON'T

Bring your completed personal risk assessment included in this eBook with you to discuss with Dr. Vanama to personalize your care. She recommends only products or procedures you need and knows when to avoid doing anything that is unnecessary.

**See if you can benefit from oral systemic health dentistry by visiting Dr. Vanama today!**

Schedule your oral systemic dental consultation.

**CLICK TO SCHEDULE NOW**




(425) 295-7975 | [www.discoverydentalwa.com](http://www.discoverydentalwa.com)

#### Sources:

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<https://www.periodontalcarepa.com/docs/perio.pdf>  
<https://www.colgateprofessional.com/Professional/v1/en/us/locale-assets/docs/OSCD.pdf>

# Know These **Top 25**, To Keep Your Patients **ALIVE!**

- 1. Smoking:** increases risk at any age
- 2. Diabetes Mellitus:** 80% of diabetics die from heart attack or stroke
- 3. Periodontal Disease:** increased risk due to bacteria
- 4. Endodontic Disease (Tooth Abscess):** increased risk due to bad bacteria
- 5. Metabolic Syndrome:** waist circumference and triglycerides are the risk
-  **6. Insulin Resistance:** one of the root causes of heart disease
- 7. Atrial Fibrillation:** 70% increased risk for myocardial infarction
- 8. Blood Pressure:** keep it low (120/70) to keep you safe
- 9. Resting Heart Rate Greater Than 75:** correlation stronger in women aged 50-64
- 10. Migraines:** men with migraines have higher risk
- 11. Gestational Diabetes and Miscarriages:** 66% increased risk of future CVD
- 12. Rheumatoid Arthritis:** risk is associated with severity of inflammation
- 13. Obstructive Sleep Apnea:** associated with premature CAD
- 14. Uric Acid:** positive relationship to heart attack risk
- 15. Systemic Lupus:** increased plaque in carotids in all age groups
- 16. Lead Exposure:** contributes to systemic inflammation
- 17. Polycystic Ovary Syndrome:** increase risk for early onset CVD
- 18. Post Breast Cancer:** medications, lifestyle, and psycho-social issues
- 19. Hypothyroidism:** 18% to 27% higher risk of death
- 20. Psoriasis:** carotid atheroma plaques in 34.7% of psoriatic patients
- 21. Ear Creases:** “Frank’s Sign” associated with CVD risk
- 22. Restless Leg Syndrome:** more than twice as likely to have heart disease or stroke
- 23. Kidney Stones:** higher disease risk and even higher in women than men
- 24. Sjogren’s Syndrome:** two times increased risk of heart attack
- 25. Career Fields:** job related stress can kill

Firefighters have the highest risk.





### ABRASIVENESS INDEX OF COMMON TOOTHPASTES

As you know toothpaste is essential for oral health but some pastes can also cause problems. Many types of toothpaste are too abrasive and actually strip away tooth enamel which never grows back. The teeth may become sensitive when tooth enamel is worn away. Toothpaste’s abrasiveness is measured by its Relative Dentin Abrasivity (RDA). The table below shows the RDA of some common toothpaste’s. We suggest that you use toothpastes with the lowest RDA ratings.

In addition to finding a toothpaste that is minimally abrasive, we suggesting finding one with fluoride. Fluoride helps strengthen enamel and prevent cavities. Toothpaste contains abrasives which help clean teeth. Unfortunately, these abrasives can sometimes strip away tooth enamel, making teeth sensitive to heat, cold, and sweets.

A secondary problem from the abrasiveness of the paste is notching of the tooth at the gum line causing a structural compromise. Often a filling is necessary to protect the future integrity of the tooth. Again, selecting a paste with a low RDA can prevent both sensitivity and structural compromises that can cause the need for future restorative dentistry.

Toothpaste	RDA Value	Toothpaste	RDA Value	Toothpaste	RDA Value
Livionex	0	Supersmile	62	Crest Sensitivity Protection	107
Toothbrush with water	4	Rembrandt Mint	63	Topex ReNew	109
Plain Baking Soda	7	Colgate Prevident 5000 Plus	65	Colgate Tart.Cont. & Peroxide	109
Arm&H Tooth Powder	8	Colgate Enamel Adv. White	65	Colgate Herbal	110
Weleda Salt Toothpaste	15	Crest with Scope Whitening	65	Amway Glistler	110
CariFree CTx4Gel	18.5	Colgate Regular	68	Aquafresh Whitening	113
CariFree CTx3 Gel	18.5	Colgate Total	70	Arm&H Adv. White Gel	117
Elmex Sensitive Plus	30	Arm&H Adv.White Sensitive	70	Arm&H Sens. Tartar Control	117
Weleda Plant Tooth Gel	30	Colgate 2-in-1 Fresh Mint	70	Fluoridex Daily Defense	117
Sensodyne Pronamel	34	Crest Rejuvenating Effect Gel	74	Close Up with Baking Soda	120
Arm&H Dental Care	35	Prevident 5000 Booster	75	Crest Extra White Tartar Prot.	120
Weleda Children’s Tooth Gel	40	Sensodyne	79	Colgate Whitening	124
Arm&H Mentadent Adv. Wte	42	Aim	80	Crest Maximum Sensitivity	126
Squiggle Enamel Saver	44	Biotene Paste with Fluoride	80	Crest Extra Whitening	130
Weleda Calendula Toothpaste	45	Colgate Sensitive Max	83	Earthpaste	130
Weleda Pink Paste w/Ratanha	45	Aquafresh Sensitive	91	Ultra Brite	133
Oxyfresh	45	Tom’s of Maine Regular	93	Crest MultiCare Fresh Mint	139
Arm&H DentalCare Sensitive	48	Rembrandt Plus	94	Crest ProHealth	140
Tom’s of Maine Sensitive	49	Plus White	94	Crest MultiCare Whitening	144
Arm&H Peroxicare Tart.Cont	49	Oxyfresh with Fluoride	95	Colgate Baking Soda White	145
Crest with Scope	51	Crest Regular	95	Ultra Brite Adv. Whitening	146
Arm&H Peroxicare Regular	52	Oxyfresh Powder	97	Pepsodent	150
Healthy Teeth and Gums	52	Colgate Enamel Care Natural	100	Crest Rejuvenating Effects	155
Rembrandt Original	53	Colgate Optic White	100	Colgate Tartar Control	165
Closys	53	Natural White	101	Crest Pro Gum Protection	170
Arm&H Dental Care PM Mnt	54	Mentadent	103	Crest Pro Sensitive Enamel	170
PerioSciences White Care	57	Arm&H Sensations	103	Colgate Luminous	175
Tom’s of Maine Children’s	57	Sensodyne Extra White	104	Colgate Tartar Control White	200
Biotene Gel	60	Colgate Platinum	106	FDA Recommended Limit	200
Clinpro 5000	62	Arm&H Extreme White	106	ADA Recommended Limit	250

The RDA table: 0-70: Low Abrasive, 70-100: Medium Abrasive, 100-150: Highly Abrasive, 150-250: Regarded as Harmful

## Acidity Index of Common Mouthwashes

Many people use a mouthwash as part of their oral health care regimen. However, you should know that some mouthwashes can cause problems. Many mouthwashes are too acidic and weaken the tooth enamel by removing necessary minerals. Demineralized tooth enamel is at a higher risk for cavity formation. When bacteria are able to penetrate the enamel, cavities and tooth decay can occur. The acidity of a mouthwash is measured by its pH. The pH scale ranges from 0 to 14. A pH of 7 is neutral. A pH less than 7 is acidic. A pH greater than 7 is basic. The table below shows the pH of some common mouthwashes. We suggest that you use mouthwash with the high or basic pH measurement.

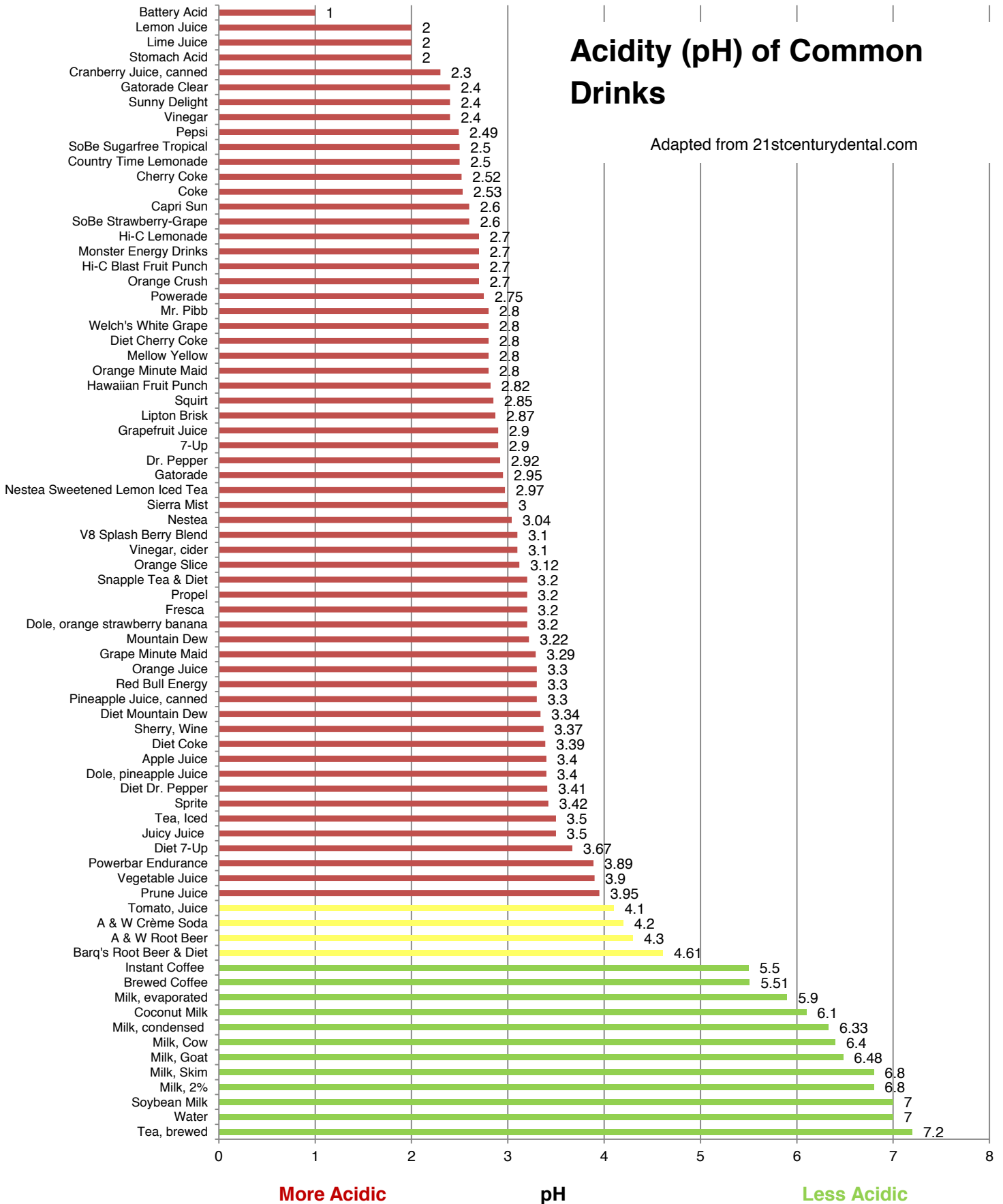
By keeping the pH of a rinse above the point at which decay starts, this will help place selective pressure on the bacterial population and shift it to a less cavity-causing one. Over time, the dental biofilms will carry fewer cavity-causing bacteria as a percentage of the entire bacterial population. Keeping the pH well above the critical pH of enamel will facilitate remineralization of the tooth. In addition to finding a mouthwash that is basic we also suggest finding one with fluoride. Fluoride helps strengthen enamel and prevent cavities.

<b>Mouthwash</b>	<b>pH</b>	<b>Mouthwash</b>	<b>pH</b>
<b><u>Basic &gt; 7</u></b>		<b><u>Acidic &lt; 7</u></b>	
CTx4 Treatment Rinse	10.4	Oasis Moisturizing for Dry Mouth	6.49
CTx3 Maintenance Rinse	8.33	Colgate Total Advance	6.31
Therabreath Oral Rinse	8.2	BreathRX Anti-Bacterial Rinse	6.21
ACT Anticavity Fluoride Rinse	7.95	BreathRX Anti-Bacterial Spray	6.2
Cepacol Mouthrinse	7.79	ProFresh Chlorine Dioxide Rinse	6.15
PerioSciences AO ProRinse	7.75	Smile Guard Brace Relief Rinse	6.1
OraCare	7.55	Listerine Zero Mouthwash	6.02
BreathRX Anti-Bacterial Spray	7.3	Listerine Whitening Pre Brush	5.66
SB12	7.2	ACT Restoring with Fluoride	5.56
Oxyfresh Mouthrinse	7.17	Scope	5.55
SmartMouth	7.11	Peridex	5.48
CloSYS Rinse	7.1	Listerine Total Care Mouthwash	5.44
Biotene Dry Mouth Oral Rinse	7.09	Crest 3D White Multi-Care	5.4
<b><u>Neutral = 7.0</u></b>		Crest ProHeath Clinical Deep Clean	5.18
Colgate Optic White	6.95	Chlorhexidine Alcohol Free	5.1
CloSYS Alcohol Free Oral Rinse	6.85	Fluoridex Daily Renewal	5.1
		Listerine Antiseptic Mouthwash	4.88
		BreathRX Antibacterial Rinse	4.74
		Oral-B Anticavity Rinse	4.72
		Biotene Mouthwash	4.64
		Oral-B Antibacterial Rinse	4.62
		BreathRX Antibacterial Spray	4.53
		Healthy White Bleach Agent	4.5
		Crest Pro-Health	4.27
		Peroxyl Antiseptic Oral Cleanser	3.9
		Tom's of Maine Wicked Fresh	3.89
		Natural Dentist Anti-Gingivitis	3.3

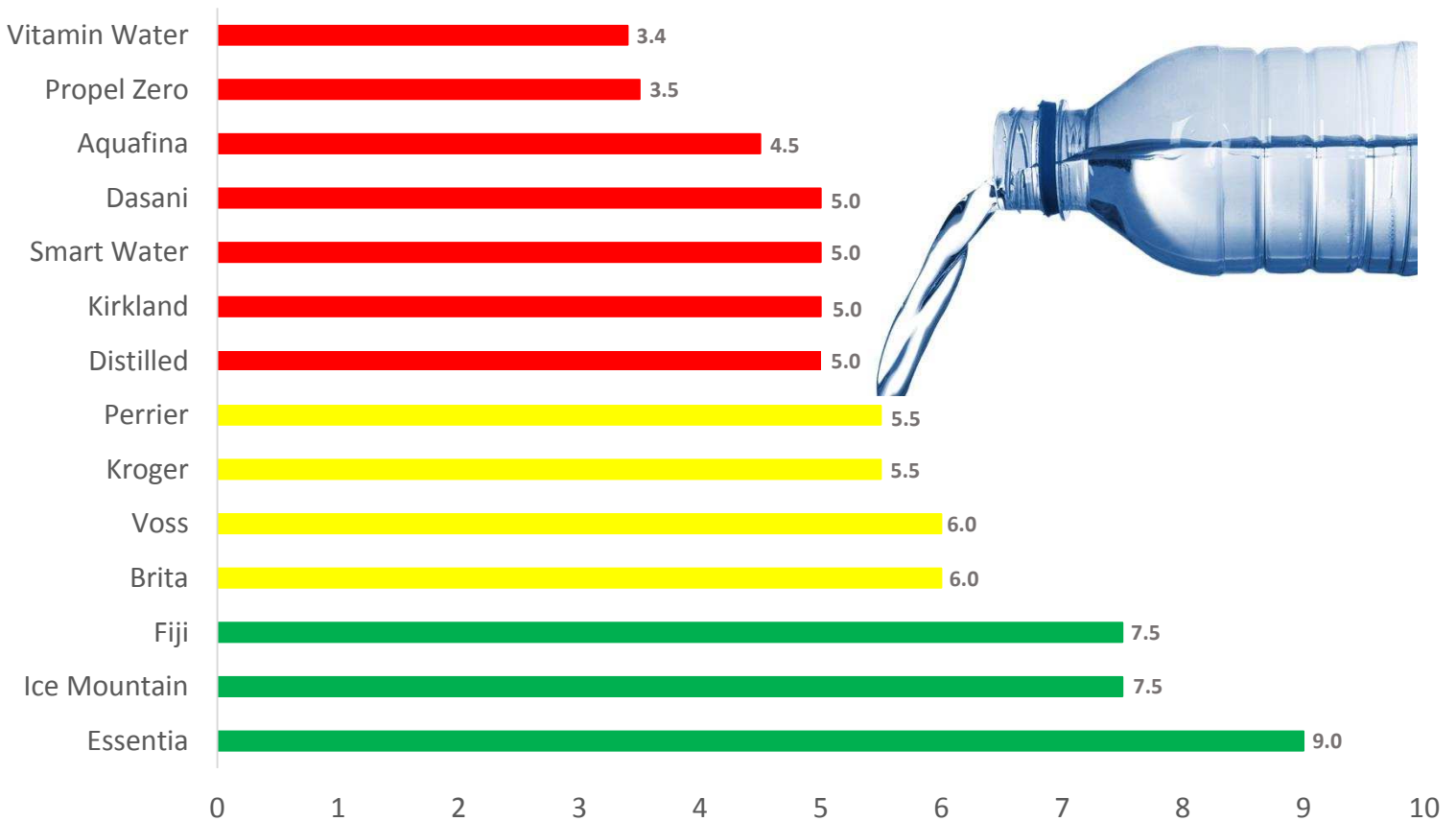


## Acidity (pH) of Common Drinks

Adapted from 21stcenturydental.com



## Acidity Index (pH) of Common Store Bought Water



Have you ever considered whether or not the water bottle you just purchased contains acidic or alkaline water? The term pH is a measure of the concentration of hydrogen ions in a diluted solution. The range goes all the way from 0 (most acidic) to 14 (most alkaline) with 7 marking the neutral point. Depending on where your water falls on the acidity scale will determine its health value or lack thereof. The U.S. Environmental Protection Agency, which classifies pH as a secondary drinking water standard, recommends a pH between 6.5 and 8.5 for drinking water.