

# DENTE.

MODERN DENTISTRY

OCT  
'23

**MOBILE SMILES**  
Dana Yumul, RDHAP EF II

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## **Carl Demadema, BOHSc**

**Dear Readers,**

**With immense pride and excitement, I welcome you to the first-ever issue of Dente, your go-to source for cutting-edge insights and discussions in the world of dentistry. The journey to this milestone has been nothing short of exhilarating, and I couldn't be more thrilled to share this inaugural issue with you.**

**Over the past two months, I have been hard at work, meticulously compiling articles and conducting interviews to bring you a magazine that pushes the boundaries of dental knowledge. Our mission is simple yet profound: to bridge the gap between the public and dental professionals by shedding light on a variety of interesting topics.**

**I extend my gratitude to all the contributors, experts, and industry leaders who have generously shared their knowledge and insights with us. Without their invaluable contributions, this endeavor would not have been possible.**

**I encourage you to dive into the pages of this inaugural issue and embark on a journey of discovery with us. We are committed to serving as your trusted source of dental information, ensuring that you are well-informed and empowered to make informed decisions regarding your oral health.**

**We are also eager to hear from you. Your feedback, suggestions, and ideas will be the guiding force behind the evolution of Dente. Feel free to reach out to us with your thoughts and opinions.**

**Thank you for joining us on this exciting adventure, and here's to many more issues filled with enlightening content, breakthroughs, and shared enthusiasm for the world of dentistry.**

**Warm regards,**

**Carl Demadema, [BOHSc](#)  
Editor-in-Chief, Dente Magazine**



**HAYLEY ZULKOWSKY,  
RDH, BSDH, CD**

## **I have sensitive teeth. What can I do to reduce sensitivity?**

**Sensitive teeth are one of the most common issues and do not always have an easy cure.**

**First, have you tried any kind of sensitive toothpaste? Sensitive toothpaste does take a few weeks to take effect and provide relief.**

**Are you brushing correctly with the toothpaste? The most important thing to do after you finish brushing is to NOT rinse your teeth off or go back in with a wet brush. You want the toothpaste film to remain on your teeth; this is how it can penetrate and work more effectively.**

**Another thing to try to reduce sensitivity is the way you brush. Do not start brushing at the gumline; instead, begin on the chewing surfaces of your teeth to loosen up the bristles, as they are stiff at first. If you always start brushing in the same exact spot along the gumline, you could be causing damage. Brushing too vigorously and quickly can lead to gums pulling away from the tooth, exposing the root surface, which is not as strong as enamel and is more sensitive to temperature. You do not need to apply lateral pressure when brushing! Most electric toothbrushes have a pressure sensor to alert you when you are applying too much force, and you might be surprised at how lightly you need to brush.**

**Do you grind or clench your teeth? Excessive force over time can gradually shear off enamel toward the gumline, causing sensitivity. Mouth guards can help reduce this issue.**

**Avoid whitening products or any oral products that are highly abrasive, as these are common triggers of sensitivity.**

**Lastly, consult your Dental Hygienist or Dentist about having a layer of desensitizer applied to the areas that bother you the most, such as Super Seal or Universal Dentin Sealant. Another option is to inquire about a prescription-grade sensitivity toothpaste. Tooth sensitivity can be truly uncomfortable, so I hope these tips can help provide you with some relief!**



# Before or After?

*Should you brush your teeth after or before your breakfast in the morning?*

## **Brushing Before Breakfast: The Pros and Cons**

### **Pros:**

- **Fresh Start:** Brushing your teeth before breakfast helps remove overnight plaque and bacteria buildup, providing a clean slate for your day.
- **Acidic Protection:** Many breakfast foods, such as citrus fruits and juices, can be acidic and soften tooth enamel. Brushing before consuming these foods can help protect your teeth from acid erosion.

### **Con:**

**Morning Breath:** Brushing before breakfast may leave you with a fresher breath initially, but consuming food afterwards can alter the freshness quickly.

## **Brushing After Breakfast: The Pros and Cons**

### **Pros:**

1. **Extended Freshness:** Brushing after breakfast can leave you with a longer-lasting fresh feeling throughout the morning.
2. **Removal of Food Particles:** Brushing after eating helps eliminate food particles that can contribute to bacterial growth, reducing the risk of further plaque buildup throughout the day.

### **Con:**

1. **Acidic Impact:** If your breakfast includes acidic foods or beverages, brushing immediately afterward can spread acid around your mouth and potentially damage tooth enamel. It's recommended to wait at least 30 minutes after consuming acidic foods before brushing.





### **Making the Right Choice: Individual Considerations**

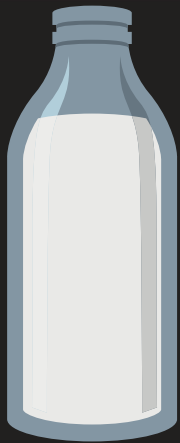
**Dental Sensitivity:** If you have sensitive teeth, brushing before breakfast may be more suitable to avoid the abrasive effects of brushing after consuming acidic foods.

**Plaque Concerns:** If plaque buildup is a significant concern for you, brushing after breakfast might be more effective in removing food particles and bacteria.

**Time Management:** Consider your morning schedule – if you have ample time, brushing after breakfast might be a practical option. Alternatively, if time is limited, brushing before breakfast can ensure you still start your day with clean teeth.

**Ultimately, there's no one-size-fits-all answer to the question of whether to brush before or after breakfast. Both approaches have their merits and drawbacks. It's essential to take into account your dental sensitivity, breakfast choices, and daily routine. Whether you choose to brush before or after breakfast, consistency in your oral hygiene routine remains the key to a healthy and vibrant smile.**





# GOT MILK CALCIUM?

## THE MOST CALCIUM RICH MILKS

**Cow's Milk:** Cow's milk is a common and excellent source of calcium. It also contains vitamin D, which helps with calcium absorption. Choose low-fat or non-fat options for reduced saturated fat intake.

**Fortified Plant-Based Milks:** Many plant-based milks, such as almond milk, soy milk, and oat milk, are often fortified with calcium and vitamin D. Be sure to check the labels to ensure they are fortified.

**Fortified Rice Milk:** Fortified rice milk can also provide a source of calcium for individuals who are lactose intolerant or have allergies to other types of milk.

**Fortified Coconut Milk:** Some brands of coconut milk are fortified with calcium and vitamin D. However, coconut milk generally has a lower calcium content compared to cow's milk or fortified plant-based milks.

**Fortified Hemp Milk:** Hemp milk can be a good source of calcium and is rich in omega-3 fatty acids. Look for varieties that are fortified with calcium and vitamin D.

**Fortified Cashew Milk:** Cashew milk can also be fortified with calcium and vitamin D, making it a suitable option for those seeking dairy alternatives.

**Fortified Flax Milk:** Flax milk is another plant-based milk that may be fortified with calcium and vitamin D, offering a dairy-free calcium source.

(Caporuscio, 2021)





# THE GREAT OUTDOORS

Venturing into the great outdoors offers a chance to disconnect from the hustle and bustle of daily life and immerse oneself in the beauty of nature. However, amidst the excitement of camping, it's essential not to overlook the care of your oral health. Whether you're a seasoned camper or embarking on your first outdoor adventure, these hacks will help you maintain a healthy smile while enjoying the wilderness.



## **1. Pack Travel-Friendly Oral Care Essentials:**

When packing for your camping trip, ensure you include travel-sized toothbrushes, toothpaste, and floss. Opt for collapsible toothbrushes and small tubes of toothpaste to save space in your backpack.

## **2. Biodegradable Toothpaste and Eco-Friendly Brushes:**

Choose toothpaste that is biodegradable and eco-friendly to minimize your impact on the environment. Additionally, consider using bamboo toothbrushes, which are sustainable alternatives to plastic toothbrushes.

## **3. Water-Saving Techniques:**

Water conservation is crucial while camping. To brush your teeth without wasting water, follow these steps:

- Wet your toothbrush briefly.
- Apply toothpaste.
- Use a minimal amount of water to rinse your mouth and toothbrush.

## **4. Portable Water Solutions:**

Bring a portable water container with a spigot or a collapsible water pouch for easy rinsing after brushing. Make sure to follow Leave No Trace principles by disposing of used water properly.

## **5. Sugar-Free Gum and Xylitol Mints:**

Pack sugar-free gum or xylitol mints to chew or suck on after meals. Chewing gum stimulates saliva production, which helps cleanse your mouth and neutralize acids that can harm your teeth.

## 6. Dental Floss Picks:

**Dental floss picks are convenient for camping as they are compact and easy to use. Flossing is crucial to remove food particles and prevent plaque buildup, even when you're away from home.**

## 7. DIY Mouthwash:

**Create a natural mouthwash by diluting a few drops of tea tree oil or peppermint oil in water. These essential oils have antibacterial properties that can help freshen your breath and fight bacteria. (Ripari et al., 2020)**

## 8. Mindful Snacking:

**Choose snacks that are not only delicious but also tooth-friendly. Opt for nuts, cheese, and crunchy fruits like apples and carrots, which can help clean your teeth naturally.**

## 9. Proper Food Storage:

**Keep your food stored in airtight containers or bear-proof canisters to prevent attracting wildlife. Proper food storage not only keeps you safe but also ensures that your teeth aren't exposed to unnecessary sugars from leftover snacks.**

## 10. Maintain a Routine:

**While the camping environment might disrupt your daily routine, make an effort to brush and floss your teeth at consistent times. Maintaining oral hygiene habits can go a long way in preserving your dental health, even in the wilderness.**



**Camping offers the opportunity to reconnect with nature and enjoy the beauty of the outdoors. By incorporating these oral health hacks into your camping routine, you can ensure that your smile remains as bright as the stars above. Remember, a healthy smile enhances your camping experience, allowing you to savor every moment with confidence and comfort while embracing the wonders of the great outdoors.**



**AMBER VAN SCIVER,**  
**CRDH**

## **How often should I replace my toothbrush and why?**

**As a dental hygienist, my recommendation for replacing your manual toothbrush or electric toothbrush replacement head would be every three months. I typically encourage patients to switch them out sooner if the bristles are noticeably frayed open. Bristles wear down the more we use them on a daily basis and preventing recessive gums, irritated gums, or an accumulation of bacteria from building on the toothbrush is key. I would also highly recommend keeping a cover on the brush due to aerosols in the bathroom and making sure that the brush is dry before reusing it to ensure low bacteria count.**

**Another reason that many don't consider, is the need to replace your toothbrush after a recent cold. For this circumstance, I recommend running the toothbrush in the dishwasher, or soaking it in antibacterial mouthrinse as a safe measure, rather than replacing your toothbrush completely.**

**Lastly, in incidences where a patient uses two different brushes throughout the day, then the longevity of the brush would last approximately 5-6 months. Additionally, some electric toothbrush heads have a color indicator that turns from blue to white to help bring awareness when a replacement is warranted.**

## CHEW ON THIS: A LOOK AT TOOTHPASTE TABLETS

**Toothpaste tablets have emerged as an innovative alternative to conventional toothpaste, offering potential benefits such as reduced plastic waste, enhanced portability, and eco-friendliness. However, the effectiveness of these tablet-based oral care products is a subject of debate. In this comprehensive article, we will delve into the world of toothpaste tablets, examining their composition, efficacy, and how they compare to traditional toothpaste. We will also explore the advantages and disadvantages of toothpaste tablets, using references from recent articles for evidence.**



To understand the efficacy of toothpaste tablets, it's essential to first examine their composition. Toothpaste tablets are compressed powder capsules that consist of a combination of ingredients. As highlighted in an article by Whitney DiFoggio BS, RDH of Teeth Talk Girl, toothpaste tablets typically contain ingredients such as xylitol, sodium bicarbonate, hydroxyapatite crystals, essential oils, calcium carbonate, and various other additives, depending on the brand. Some brands prioritize being "all-natural" and avoid components like parabens, sulfates, or animal-derived ingredients (DiFoggio, 2022).

### Composition of Toothpaste Tablets

**The choice of ingredients in toothpaste tablets is significant, as they play a crucial role in oral health. For instance, xylitol is a sugar substitute known for its ability to reduce the growth of harmful bacteria in the mouth, contributing to cavity prevention (Nisha N. and Surawase, 2022). Sodium bicarbonate, or baking soda, helps in maintaining an alkaline environment in the mouth, which can combat acidic conditions that lead to tooth decay (Colgate Global Scientific Communications, 2023). Hydroxyapatite crystals aid in remineralizing tooth enamel, a vital aspect of cavity prevention (DiFoggio, 2022).**

**It is worth noting that not all toothpaste tablets contain fluoride, a mineral recognized for its role in strengthening enamel and protecting against cavities. The presence or absence of fluoride can significantly impact the effectiveness of these tablets, as discussed later in this article.**

## Efficacy of Toothpaste Tablets

The effectiveness of toothpaste tablets hinges on how well they perform their primary function: maintaining oral health. Toothpaste tablets encourage better brushing habits due to the requirement to chew and mix them with saliva. This action promotes thorough coverage of the teeth, ensuring that the active ingredients are distributed evenly. (Nisha N. and Surawase, 2022)

In contrast to traditional toothpaste, where a gel or paste is applied directly to the toothbrush, toothpaste tablets need to be broken down in the mouth. As mentioned by DiFoggio, this process may encourage users to put more effort into chewing the tablet and ensuring proper distribution within the oral cavity. The tablets are essentially transformed into a paste-like consistency with the help of saliva, allowing for effective brushing. (DiFoggio, 2022)

Furthermore, toothpaste tablets have several potential advantages:

- 1. Reduced Mess:** Toothpaste tablets tend to be less messy compared to traditional toothpaste, which can be prone to dripping or splattering (DiFoggio, 2022).
- 2. Eco-Friendly Packaging:** Most toothpaste tablets are packaged in glass or tin containers that are easily reusable or recyclable. Some even use compostable pouches, contributing to a reduction in plastic waste (Colgate Global Scientific Communications, 2023).
- 3. Portability:** Toothpaste tablets are travel-friendly, eliminating the need for purchasing travel-sized toothpaste tubes (Colgate Global Scientific Communications, 2023).

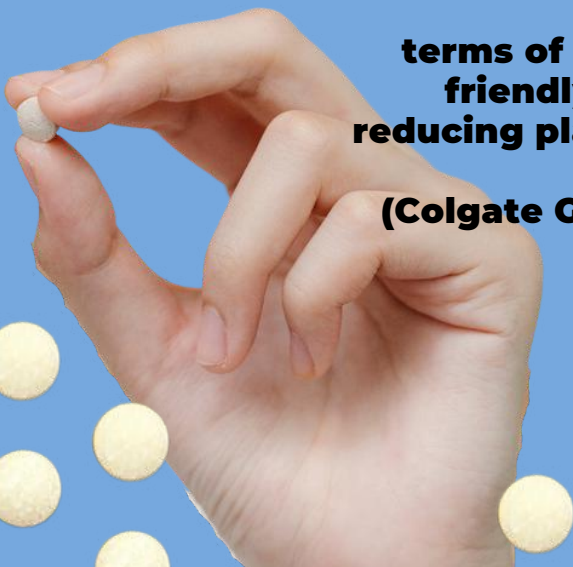




## Comparison to Conventional Toothpaste

**To assess the efficacy of toothpaste tablets comprehensively, it is essential to compare them to conventional toothpaste. Traditional toothpaste, typically dispensed from a tube, has been the standard oral care product for decades. Let's examine the key differences and similarities between these two forms of oral care products.**

- 1. Application Method: Traditional toothpaste is applied directly to the toothbrush in gel or paste form, while toothpaste tablets require chewing and mixing with saliva to create a paste-like consistency (DiFoggio, 2022).**
- 2. Fluoride Content: One of the most critical factors in this comparison is fluoride content. Fluoride is recognized for its ability to strengthen enamel, prevent tooth decay, and protect against cavities. While some toothpaste tablets contain fluoride, as mentioned in the article by DiFoggio, not all brands include this vital ingredient. In contrast, conventional toothpaste almost universally contains fluoride (Colgate Global Scientific Communications, 2023).**
- 3. Brushing Efficiency: Toothpaste tablets may promote better brushing habits due to the need to thoroughly chew and mix them with saliva before brushing. This additional effort can lead to more effective brushing, ensuring that all areas of the mouth receive proper attention (DiFoggio, 2022).**
- 4. Environmental Impact: Toothpaste tablets shine in terms of environmental sustainability. With eco-friendly packaging options, they contribute to reducing plastic waste, aligning with global efforts to protect the environment (Colgate Global Scientific Communications, 2023).**





**5. Cost:** When it comes to cost, traditional toothpaste has a significant advantage. Toothpaste tablets are often priced at a premium, making them more expensive per use compared to conventional toothpaste (Colgate Global Scientific Communications, 2023).

## Advantages and Disadvantages of Toothpaste Tablets

### Advantages:

**1. Eco-Friendly:** Toothpaste tablets offer an eco-friendly solution by reducing plastic waste and often using recyclable or compostable packaging (Colgate Global Scientific Communications, 2023).

**2. Improved Brushing Habits:** The need to chew and mix toothpaste tablets with saliva can encourage users to brush more effectively, ensuring thorough coverage (DiFoggio, 2022).

**3. Portability:** These tablets are travel-friendly and eliminate the need for travel-sized toothpaste tubes (Colgate Global Scientific Communications, 2023).



### Disadvantages:

**1. Fluoride Content:** Not all toothpaste tablets contain fluoride, which is essential for cavity prevention. Users need to carefully select fluoride-containing brands (DiFoggio, 2022).

**2. Cost:** Toothpaste tablets are often more expensive than conventional toothpaste, which may deter budget-conscious consumers (Colgate Global Scientific Communications, 2023).

**3. Lack of Research:** There is limited research comparing the effectiveness of toothpaste tablets to traditional toothpaste (DiFoggio, 2022).

**Toothpaste tablets present an intriguing alternative to traditional toothpaste, with potential benefits in terms of eco-friendliness, improved brushing habits, and reduced mess. However, their effectiveness is closely tied to factors such as fluoride content and individual brushing habits. While toothpaste tablets offer advantages, users should be mindful of their specific oral care needs and preferences.**

**For comprehensive oral health, it is crucial to consult dental professionals. Dentists and dental hygienists can provide valuable guidance on selecting the right oral care products and maintaining effective brushing routines. Ultimately, whether toothpaste tablets are effective or not depends on how they are used and whether they align with an individual's oral health goals.**



**BRITTANY MILLER,**  
**BSDH**

## **Is it really important for me to use mouthwash and floss every single day, and why?**

**What's important is to look at the benefits from both. Whether it's for prevention or improving oral health.**

**Many oral rinses provide antibacterial and/or fluoride benefits. These benefits aid in reduction of harmful bacteria while also reducing risk of cavities. This is one of the easiest preventions that can be added to a daily routine.**

**Interdental cleaning is important to do daily. Flossing with traditional string floss is difficult for most individuals and usually done incorrectly. Today there are many other options that include floss picks, water flossers, interdental brushes, etc. The interdental cleaning method that a patient will be able and willing to perform daily is going to be the important one for them individually.**

**Combining brushing with interdental cleaning and an oral rinse daily is important and the best way to reach optimal oral health.**

# MOBILE SMILES

**BRINGING DENTAL  
HYGIENE TO YOUR  
DOORSTEP**

**Dana Yumul, an experienced dental hygienist, has embarked on a fulfilling adventure as a mobile dental hygienist, driven by a desire to make dental care more accessible, especially for those facing physical challenges. Inspired by her own family's struggles with health issues, Dana has found her calling in providing dental care directly to patients' homes, improving their quality of life while maintaining high standards of care.**

### **Bringing Convenience and Comfort to Your Doorstep**

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**Mobile dental hygiene services offer unparalleled convenience and comfort. Patients receive care in the familiar surroundings of their own homes, reducing anxiety and ensuring accessibility. This not only saves families time and money but also provides a more flexible scheduling option, allowing for more extensive care than traditional dental offices often allow.**

### **A Day in the Life of a Mobile Dental Hygienist**

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**Dana's typical day involves meticulous planning, ensuring she has all the necessary equipment, and traveling to patients' locations. Good planning is key to providing quality care on the go, ensuring that patients receive the same level of care as they would in a traditional office.**

### **Expanding Access to Care**

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**One of the core benefits of mobile dental hygiene is its ability to reach a diverse range of people. Whether it's individuals with mobility issues, busy schedules, or dental anxiety, Dana's services make oral care accessible to those who may have otherwise struggled to access it.**

### **Maintaining Sterilization Standards**

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**Maintaining high sterilization standards is a top priority for Dana. She carries portable equipment and follows strict protocols to ensure the safety of her patients. Having a designated space for a sterilization center at home, including advanced equipment and regular spore testing, ensures that every patient is treated in a clean and safe environment.**

### **Addressing Challenges and Creating Awareness**

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**One of the challenges Dana faces is gaining access to people in need, especially in understaffed nursing homes. Creating awareness about mobile dental services is an ongoing goal. Dana addresses issues such as gum disease and cavities through thorough cleanings, education on preventive measures, and by providing comprehensive reports to families while referring patients to a dentist when necessary.**

### **Heartwarming Moments and Smiles Restored**

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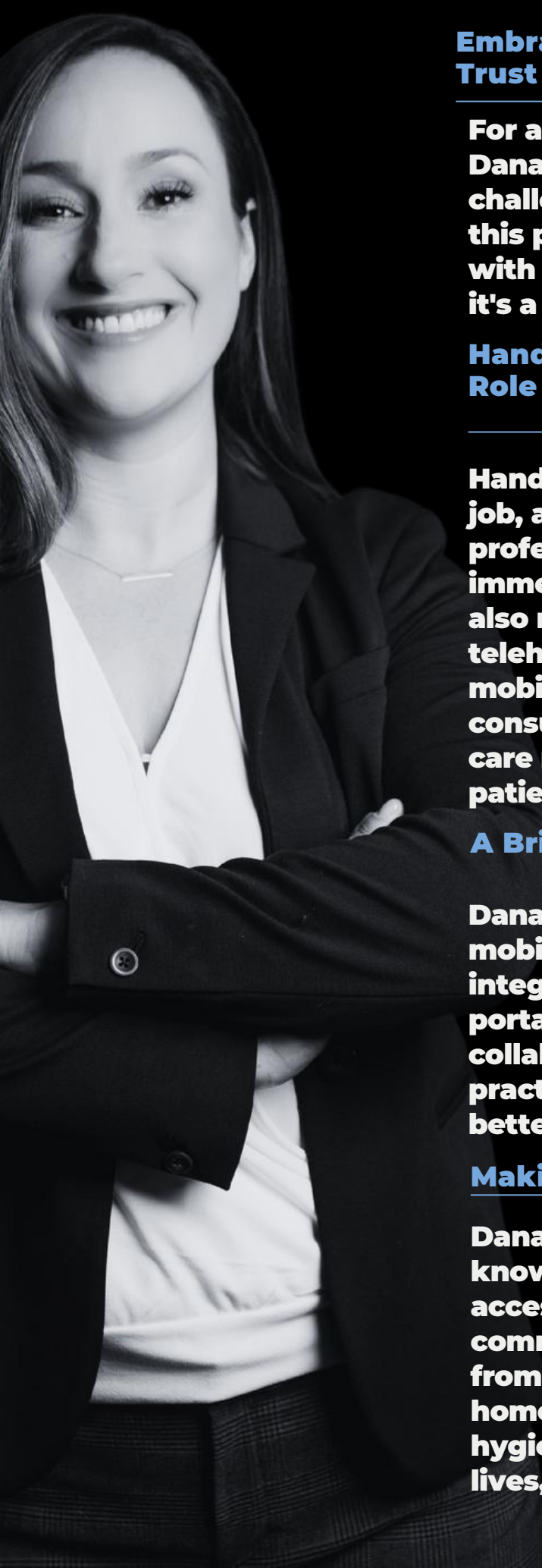
**Dana has had heartwarming experiences with elderly patients who find relief in her services. One memorable moment involved a patient regaining her smile after years of neglect. Dana's care and collaboration with a dentist resulted in a completed smile and restorative work, bringing immense joy to her patient.**

### **Staying Updated and Educating Patients**

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**Staying updated with the latest advancements is vital for Dana. She attends dental conferences, takes online courses, and networks with colleagues to provide the best care possible. Education is a key part of her service, as she provides personalized oral hygiene tips and recommends products to help patients maintain good oral health between visits.**





## **Embracing Challenges and Building Trust**

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**For aspiring mobile dental hygienists, Dana encourages embracing the challenges and enjoying the flexibility this profession offers. Building trust with patients is crucial for success, and it's a rewarding journey.**

## **Handling Emergencies and the Role of Telehealth**

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**Handling emergencies is part of Dana's job, and she has a network of dental professionals for referrals and immediate relief for certain issues. She also recognizes the importance of telehealth, which can complement mobile services by offering consultations, advice, and follow-up care remotely, enhancing the overall patient experience.**

## **A Bright Future Ahead**

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**Dana envisions a bright future for mobile dental hygiene, with more integration of technology, such as portable diagnostic tools, and increased collaboration with traditional dental practices. This evolution promises even better access to oral care for all.**

## **Making a Positive Impact**

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**Dana's personal fulfillment comes from knowing she's improving oral health access and making a positive impact on communities. Her goal is clear: in a year from now, she hopes every nursing home in California will know that hygienists can improve their residents' lives, one smile at a time.**

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