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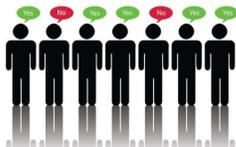
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Did You Know???



That starchy foods left on teeth may

8 Things You Didn't Know About Toothpaste

The single best way to remove harmful plaque (a thin, sticky film of bacteria) from teeth and gums is to brush teeth regularly and properly. Brushing with fluoridated toothpaste helps to accomplish the following; remove plaque, resist decay, promote remineralization, clean and polish teeth, remove teeth stains, and freshen breath.



When choosing toothpaste what is important to look at? The following is a list of things to consider as well as to know about the importance of toothpaste for an healthy smile:

1. It's all about the fluoride.

Fluoride is an essential ingredient to look for when

turn to cavity causing sugar if not promptly brushed clean?

In addition, brushing the debris left behind from sugary snacks helps to eliminate the sugar turning into damaging acids, which may be harmful to teeth and gums.

2010 Annual Excellence in Oral Health Awards

To nominate someone for this year's Annual Excellence in Oral Health Awards. Award winners will be honored at this year's Oral Health Conference on December 3rd, 2010 at the Capitol Plaza Hotel in Topeka, Kansas.

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considering a toothpaste.

2. Look for the seal of approval.

You should always look for the ADA seal of approval when choosing a toothpaste which has scientific data to back up that brands claims about their product

3. Whitening toothpastes work- at least to a certain degree.

Toothpastes claiming to whiten your teeth will at least whiten them to some degree, they will not do so in such a manner that a professional whitening treatment will do.

4. Less is more.

You don't need a brush full of toothpaste to clean your teeth. A pea-sized amount will do, as well as not wasting so much.

5. How you brush is more important than what you brush with.

It doesn't matter the type of brush or the kind of toothpaste you are using. If you are properly brushing your teeth, you won't see results and could end up with cavities and poor oral health.

6. Organic toothpastes can be just as effective as regular

Organic toothpastes as long as they contain fluoride are just as effective as regular toothpaste.

7. What's inside your toothpaste might surprise you.

You may read the ingredients on your tube of toothpaste and be shocked to read **SEAWEED COLLOIDS**. This is strictly a thickening agent that can be found in many other products you use daily. They are also 100% safe, effective and approved by the ADA.

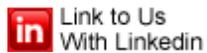
8. Pastes or gels- they all do the trick.

Pastes and gels clean the teeth equally well. Some may have a

different flavor and of course a different texture. It is up to how a person feels about the flavor and texture, but there one is not better than the other.

For more information or to read the complete article [CLICK HERE](#).

If you have an idea, story or suggestion for a Oral Health Kansas Weekly Wednesday Update please send an email to jparnell@oralhealthkansas.org



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