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TYPES OF TOOTHPASTE

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Toothpaste is a paste or gel dentifrice used with a toothbrush as an accessory to clean and maintain the aesthetics and health of teeth. Toothpaste is used to promote oral hygiene: it serves as an abrasive that aids in removing the dental plaque and food from the teeth, assists in suppressing halitosis, and delivers active ingredients (most commonly fluoride) to help prevent tooth and gum disease (gingivitis). Toothpaste is intended for everyday use.

The choice of toothpaste determines beauty and health of our smiles and, though it is obvious that this elementary hygienic and cosmetic remedy is a top priority item, but only a few people apply a serious and comprehensive approach to its purchase.

In our country, the following classification of toothpastes has been used for long: 1. hygienic toothpastes (cleansing and deodorant); 2. therapeutic and preventive toothpastes (anticarious, desensitizing, anti-inflammatory, whitening, sorption toothpastes and organic/herbal/natural toothpastes).

Nowadays, different types of toothpastes are available in market and it becomes really confusing to choose which toothpaste is good for oral health and which is not. Most of us randomly buy without even giving a second thought. People are fond of advertisements which they daily see on television. At last we are left with no choice and end up in buying toothpaste without knowing all side effects. This knowledge is often superficial or, even worse, is wrong. Incorrect ideas about oral care often result in problems ranging from bad breath and the unsatisfactory color of the enamel to serious oral diseases such as dental caries, periodontitis and others. That is why it is advisable to choose the means of oral hygiene following your dentist's recommendations. Dental health of every human being is unique, so individual approach is of such a great importance.

Thus, everyone should be educated in the matters of personal oral hygiene since in most cases we ourselves choose the objects and means to care for our health. Choosing the remedies of oral care we must view them as a medicine. This applies, first of all, to toothpaste, as its wrong choice doesn't solve problems, but also will create new ones.