

A microscopic view of numerous blue-stained cells, likely bacteria or yeast, filling the background. The cells are roughly spherical and have a distinct outer membrane and internal structures.

Saliva Testing for Oral Balance

**How well is saliva
protecting your teeth?**

./CC./

Oral Health Balance

When saliva is healthy we have remineralisation (minerals absorbed into the teeth)



ACID

SALIVA



DEMINERALISATION
(Damage)



REMINERALISATION
(Repair)

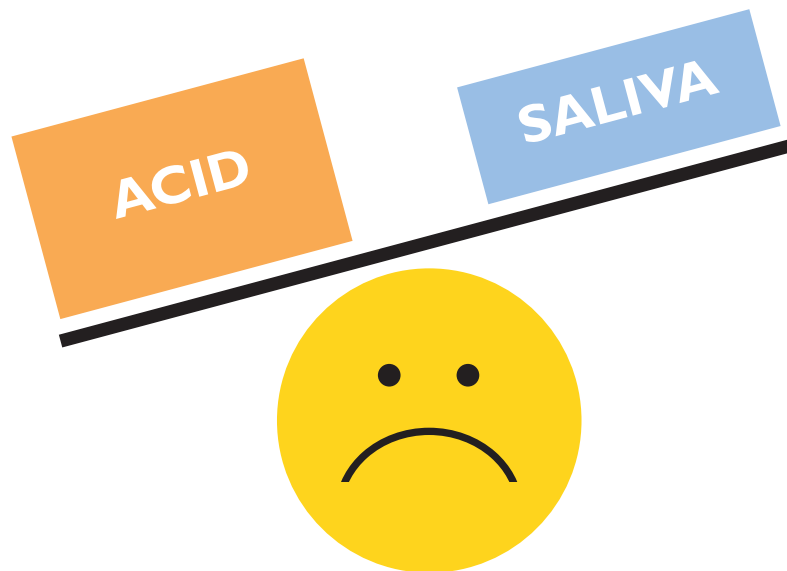
Oral Imbalance



Prof. L Walsh

When saliva is not fully protecting your teeth we have demineralisation (minerals lost from the teeth)

*Resulting in:
sensitivity
erosion/wear
caries*



DEMINERALISATION
(Damage)

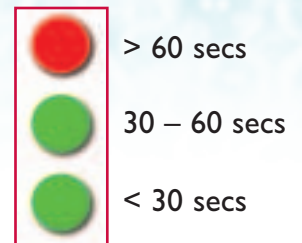


REMINERALISATION
(Repair)

Testing for healthy saliva

Check the resting saliva in less than 2 minutes

1. Degree of Hydration



2. Viscosity



3. pH



Red means reduced protective properties and preventive measures are necessary

Yellow is a warning sign for saliva

Green indicates healthy saliva at present

Testing for healthy saliva

Check the stimulated saliva

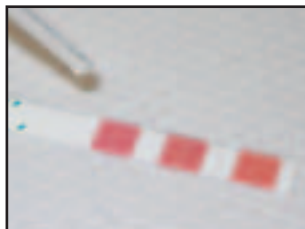
4. Check the quantity
(5 minutes maximum)



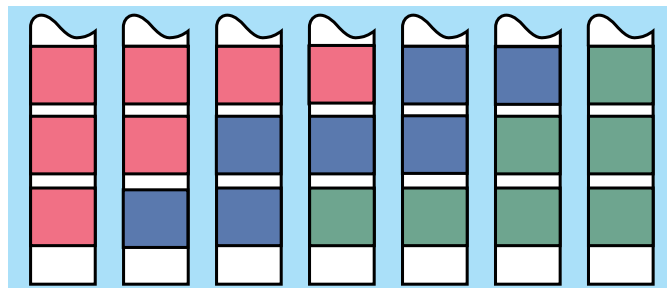
< 3.5 mL	Very Low
3.5 - 5.0 mL	Low
> 5.0 mL	Normal



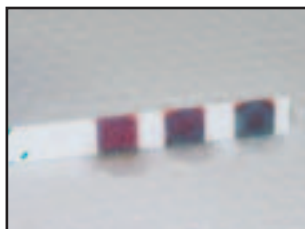
5. Check the quality
(Buffering)
after 2 minutes



Dispense one drop of saliva onto each pad



0 2 4 6 8 10 12
RED = 0 points BLUE = 2 points GREEN = 4 points
(blue/red 1 point green/blue 3 points)






Turn strip 90 degrees to soak up excess saliva on a tissue

0 - 5 points	Very Low
6 - 9 points	Low
10 - 12 points	Normal



Your Results

It is important to understand
















-  RED = Reduced protective properties and preventative measures are necessary
-  YELLOW = A warning sign for saliva
-  GREEN = Healthy saliva

Steps 1 - 3 are related to lifestyle

Steps 4 - 5 are related to salivary gland function

Saliva Test Results

Name: _____ Reference: _____ Test Date: _____

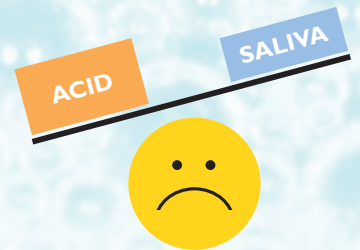
Resting saliva			Stimulated saliva	
Step 1 Hydration	Step 2 Viscosity	Step 3 pH	Step 4 Quantity	Step 5 Buffering
>60secs <input type="checkbox"/> 	sticky/frothy <input type="checkbox"/> 	5.0-5.8 <input type="checkbox"/> 	<3.5ml <input type="checkbox"/> 	0-5 points <input type="checkbox"/> 
30-60secs <input type="checkbox"/> 	frothy/bubbly <input type="checkbox"/> 	6.0-6.6 <input type="checkbox"/> 	3.5ml-5.0ml <input type="checkbox"/> 	6-9 points <input type="checkbox"/> 
<30secs <input type="checkbox"/> 	watery/clear <input type="checkbox"/> 	6.8-7.8 <input type="checkbox"/> 	>5.0ml <input type="checkbox"/> 	10-12 points <input type="checkbox"/> 



Either tick the box or write in the result, as appropriate.

Product Code: 0210-100

What to do if saliva is not protecting your teeth



1. INCREASE SALIVA FLOW

MORE FREQUENT CHEWING

DRINK MORE WATER TO
IMPROVE HYDRATION

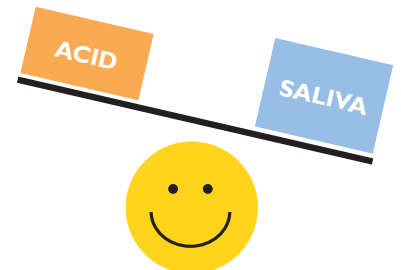


2. LESS CAFFEINE
LESS ALCOHOL
REDUCE SMOKING

3. INCREASE PROTECTION

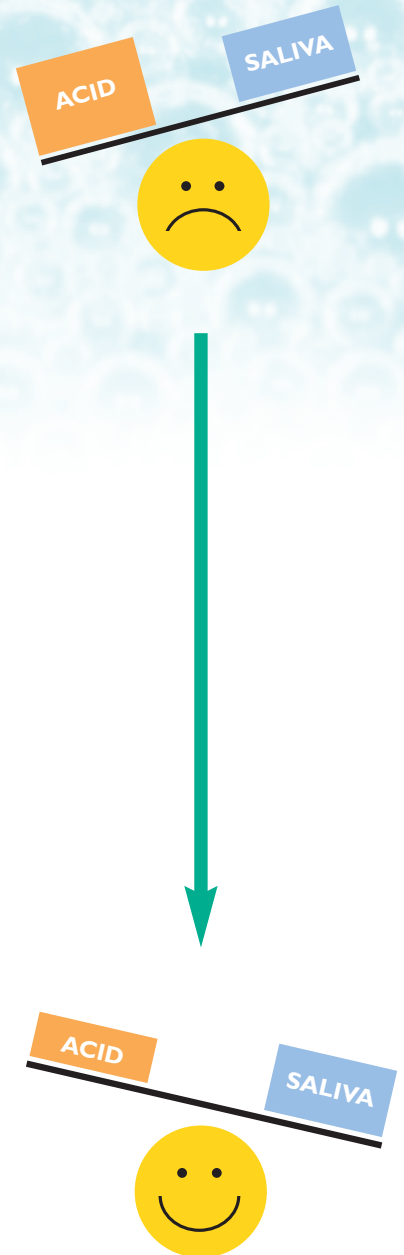
CPP-ACP PROTEIN

FLUORIDE



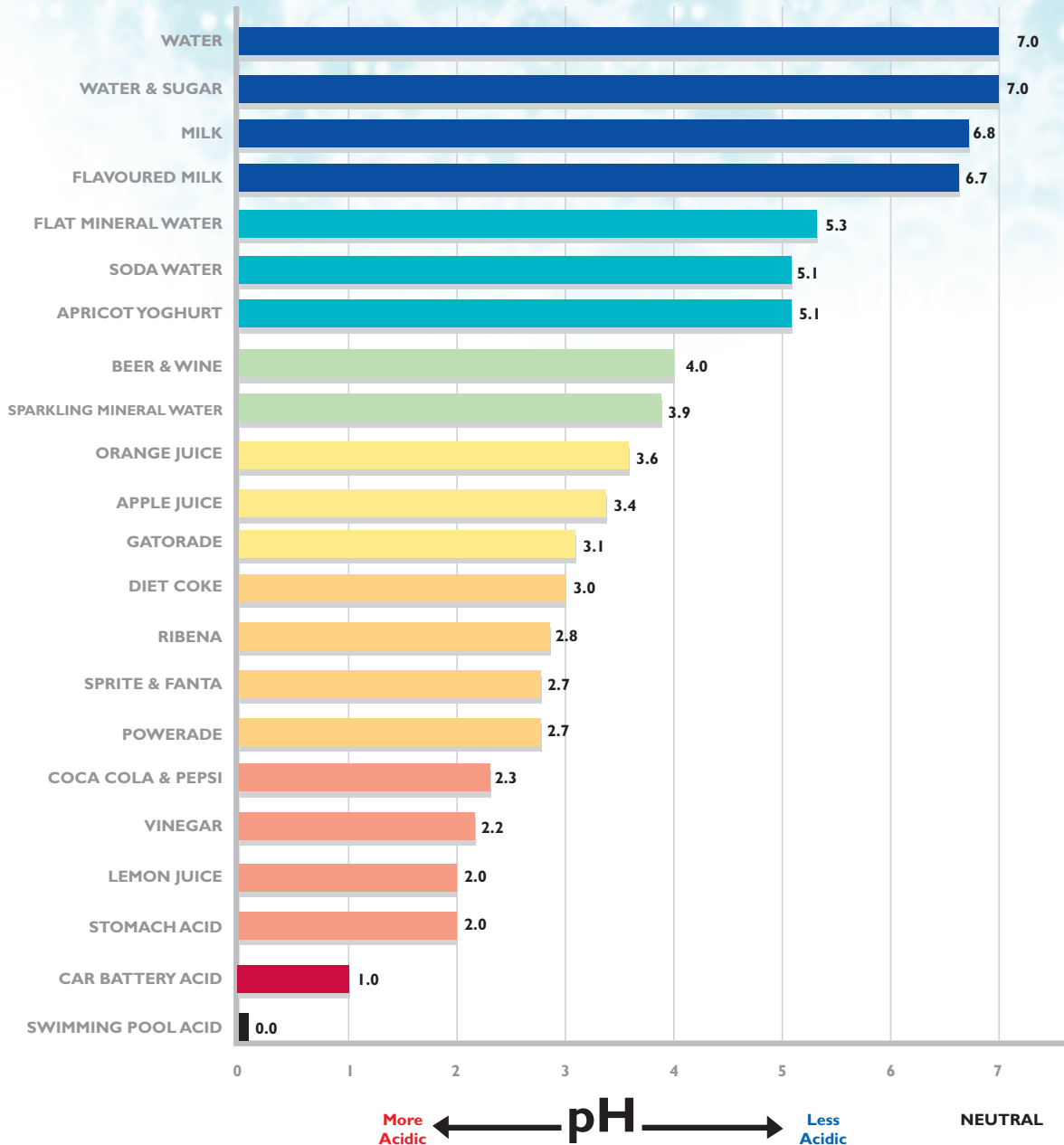
How you can decrease acid

1. Reduce acid consumption
(eg less low pH drinks)
2. Reduce frequency of sucrose
and other fermentable carbohydrates
3. Improve or alter the oral hygiene
4. Decrease level of acid producing bacteria



Acidity (pH) of Common Drinks

The lower the pH, the stronger the acid



One way to help bring saliva back into balance

GC Tooth Mousse

A new topically applied crème

- containing CPP-ACP, a milk protein which behaves like salivary proteins
- binds to tooth surfaces and localises high concentration calcium and phosphate
- buffers acid and raises the oral pH



Figure 1: Loss of minerals shown by white spots



Figure 2: Results 1 month later

Use GC Tooth Mousse

To raise the pH of acidic saliva

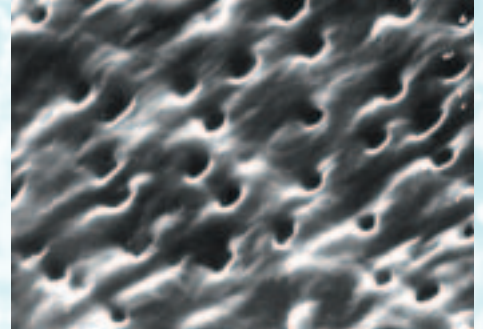
To build a protective film

To increase the vitality of teeth after bleaching

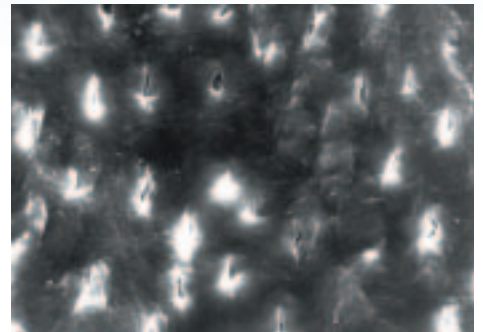
During orthodontic treatment

Following ultrasonic scaling, root planing
or prophylaxis

As a topical coating for patients suffering
from erosion, caries and conditions arising
from xerostomia



Before: Acid will leave dentine tubules exposed



After: A protective film of CPP-ACP occludes the dentine tubules

GC Tooth Mousse with Recaldent® CPP-ACP

Recaldent® is a registered trademark and used under licence from Recaldent Pty. Ltd.
Recaldent® CPP-ACP is derived from milk casein and is lactose free.
It should not be used by patients with milk protein allergies.



A microscopic view of numerous cells, likely epithelial cells, showing their characteristic rounded shape and nuclei. The cells are stained in shades of blue and purple, creating a dense, textured background.

Saliva Testing

Simple, Fast, Painless.

**The new way to determine how well
your saliva is protecting your teeth.**

GC