

AN EXAMPLE OF A pH DRIVEN ENVIRONMENT



Beautiful clear water — pH 7.5



The start of problems

The water looks good but the pH indicates the balance is wrong. It is now only a matter of time



One week later

With no preventive steps put in place to restore the pool balance, an environment favouring microbial growth has developed

The mouth is a pH driven environment

Just like swimming pool water the mouth is a pH driven environment. Each day there is a constant battle between acids that demineralize teeth and the protective and neutralizing effects of saliva.

How can you quickly identify and confirm if your patient's oral environment is out of balance? Just like swimming pool water there are warning signs for impending problems and pH testing is a quick and simple visual test to help identify them.

HELPING COMMUNICATE PREVENTIVE STRATEGIES

Supplied with each Plaque check + pH kit, this handy prescription pad will help you develop a program for oral health with your patient.

Your Personal Oral Health Prescription

Patient _____
Dental professional _____

Oral hygiene routine:

Daily toothbrushing	<input type="checkbox"/> twice daily	<input type="checkbox"/> three times
Fluoride toothpaste	<input type="checkbox"/> normal strength	<input type="checkbox"/> high strength
	<input type="checkbox"/> baking soda	<input type="checkbox"/> child strength
Fluoride products	<input type="checkbox"/> daily rinse	<input type="checkbox"/> nightly gel
	<input type="checkbox"/> weekly rinse	<input type="checkbox"/> weekly gel
Proximal cleaning	<input type="checkbox"/> daily flossing	<input type="checkbox"/> interdental brush
Tooth Mousse	<input type="checkbox"/> morning after brushing	<input type="checkbox"/> evening after brushing
Antibacterial agent	<input type="checkbox"/> mouthrinse	<input type="checkbox"/> antibacterial gel
Special devices	<input type="checkbox"/> electric toothbrush	<input type="checkbox"/> tongue brush
	<input type="checkbox"/> oral moisturizing gel	<input type="checkbox"/> detergent-free toothpaste

Diet and lifestyle modifications:

Reduce

<input type="checkbox"/> high sugar or starch snacks between main meals	<input type="checkbox"/> high caffeine drinks and foods
<input type="checkbox"/> high acid drinks	
<input type="checkbox"/> smoking/tobacco use	

Increase

<input type="checkbox"/> water intake	<input type="checkbox"/> baking soda mouthrinse
<input type="checkbox"/> consumption of milk-based snacks and drinks	
<input type="checkbox"/> dentally safe sweetener (to replace sugar)	

Chewing gum

<input type="checkbox"/> xylitol	<input type="checkbox"/> Recaldent®
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Notes _____

Signed _____ Date _____ Review date _____

Next visit

<input type="checkbox"/> Saliva test	<input type="checkbox"/> Plaque test
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(no food or drink for 1 hour prior to testing)

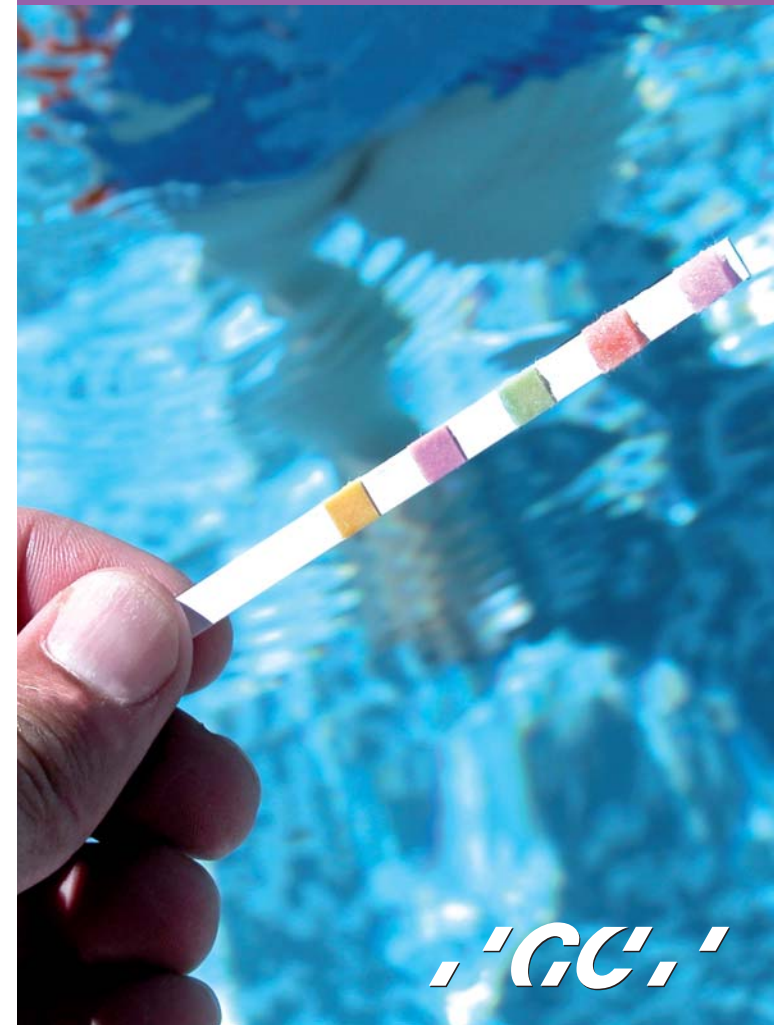
GC

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A 30-second pH test helps keep a pool looking good.



And it's just the same for teeth.

HELP YOUR PATIENTS UNDERSTAND THEIR ORAL ENVIRONMENT



GC Saliva pH indicators measure the pH of resting saliva. A low pH indicates an oral environment favouring demineralization. Patients are therefore at increased risk of sensitivity, erosion or caries.

GC Plaque-check + pH kit identifies whether plaque is cariogenic or non-cariogenic. A low plaque pH warns that caries is active and it is only a matter of time before lesions will develop.



These teeth look healthy now, but could still be at risk of sensitivity, erosion or caries. Testing pH will alert you to potential risks.

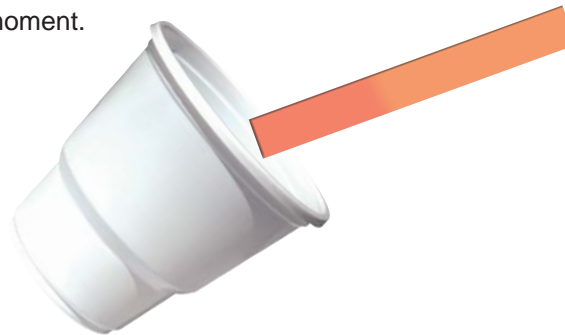
ASK YOUR GC DEALER FOR FURTHER INFORMATION AND CURRENT SPECIAL OFFERS.

TEST 1 — FOR ALL PATIENTS

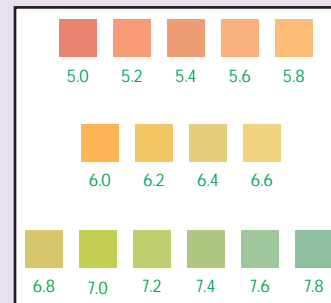
Saliva test to measure pH of the oral environment

TIME TAKEN — 30 SECONDS
READ RESULT — IMMEDIATELY

When your patient first arrives for their appointment ask them to expectorate, into a disposable cup, the small amount of saliva currently resting in their mouth. Then use the GC pH strip to measure the pH of the unstimulated saliva sample. This test gives you a quick snapshot of where the oral balance sits for your patient at that particular moment.



RESULTS



- Oral environment is out of balance. Preventive action is required*.
- Warning, further investigation is advised.
- Healthy oral balance.

* Hydroxyapatite starts to dissolve at around pH 5.5.

TEST 2—ONLY PERFORM WHEN PLAQUE IS VISIBLE

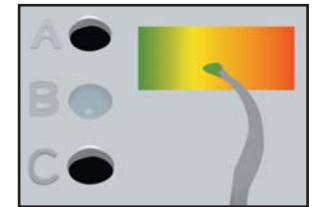
Test to measure pH of plaque

TIME TAKEN — 60 SECONDS
READ RESULT — 5 MINUTES

During your routine patient examination you may encounter plaque. The microbiology and characteristics of plaque are highly complex — however the outcome of cariogenic plaque is simple — ACID. Biofilms are normal in the mouth. What we need to know is whether or not the biofilm is creating a sufficiently acidic environment to demineralize tooth surfaces.

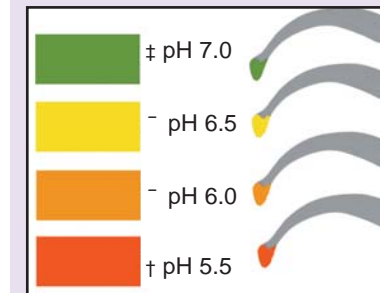


Collect plaque sample



Test plaque in accordance with instructions

RESULTS



- Read result after five minutes.
- An Orange or Red result indicates cariogenic plaque. Preventive action is required.