

Tooth brushing and alcohol free mouthwash – the perfect plaque fighting partners

In the context of a new study from the University of Glasgow on the health implication of over-use of alcohol containing mouthwashes, Professor Robin Seymour, Emeritus Professor of Restorative Dentistry at Newcastle University comments: “Alcohol free mouthwashes, such as the Dentyl Active® range of mouthwashes, are an important adjunct to dental hygiene. Although dental health, in particular the retention of teeth into older age, has improved during recent years¹ removal of plaque remains a challenge. Most people manage oral hygiene by tooth brushing. Brushing the teeth twice a day will reduce plaque from the tooth surfaces but not from in between the teeth. Flossing, if done appropriately, can reduce plaque from between the teeth but most people either do not floss or do it inadequately.”

“Build-up of dental plaque can lead to gum disease, such as gingivitis (inflamed, bleeding gums) and periodontal disease. Gum disease is estimated to affect half of UK adults, while 15 percent have severe periodontal disease with many more affected less severely.² Periodontal disease is a serious condition, which leads to loose teeth, which eventually fall out. Research also shows a link between periodontal disease and increased risk of cardiovascular disease,³ diabetes⁴ and other systemic conditions.”

“There is a plethora of evidence to show the adjunctive benefits of antiseptic, alcohol free mouthwashes in terms of improved plaque control, the reduction of gingivitis, and in the management of periodontal diseases. Clinical trials also show that alcohol affords no therapeutic benefit to the active antiseptic ingredient in a mouthwash. Thus alcohol free mouthwashes have significant benefits in terms of plaque and disease control.”

“An antiseptic mouthwash which is alcohol free such as Dentyl Active, is an effective means of controlling and reducing plaque levels from the teeth, when used alongside brushing.”

“Some research has evaluated alcohol-containing mouthwashes in the context of oral cancer but the data is conflicting. However, in view of this hypothetical risk and the benefits of antiseptic mouthwash usage in terms of plaque control and plaque inhibition, an alcohol free antiseptic mouthwash is the most appropriate choice and should be used daily.”

“The Dentyl Active® range of alcohol free mouthwashes consist of two phases, a water-based phase incorporating an antibacterial agent (Cetylpyridinium chloride - CPC), and an oil-based phase with natural essential oils that have to be shaken together well before use. **They do not contain alcohol.**”

“To improve oral hygiene and stem the rise in gum disease it is important to brush the teeth twice a day, floss regularly and use an alcohol free antiseptic mouthwash like the Dentyl Active range.”

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¹ Adult Dental Health Survey, UK, 2009. The Health and Social Care Information Centre, UK.

² <http://www.nhs.uk/conditions/gum-disease/Pages/Introduction.aspx>

³ Blaizot A¹, Vergnes JN, Nuwwareh S, Periodontal diseases and cardiovascular events: meta-analysis of observational studies. Int Dent J. 2009 Aug;59(4):197-209.

⁴ Negrato CA¹, Tarzia O, Jovanović L Periodontal disease and diabetes mellitus. J Appl Oral Sci. 2013 Jan-Feb;21(1):1-12.