

What about Listerine?

Adding Listerine, the most well-known essential oil mouthwash, to the daily oral care regimen is clinically proven to reduce plaque build-up more than mechanical means alone, and is effective in fighting plaque in hard to reach areas of the mouth that brushing may miss.

The active ingredients in Listerine are four essential oils: thymol, eucalyptol, methyl salicylate and menthol. In laboratory studies, these essential oils kill up to 99.9% of oral Gram-positive and Gram-negative

bacteria, opportunistic bacteria, and yeasts, with just a 30 second exposure time.

Listerine works by disrupting bacterial cell walls and inhibiting their enzymic activity. It also prevents bacterial aggregation, slows bacterial multiplication, and extracts endotoxins. This slows plaque maturation and decreases overall plaque mass⁵.

The clinical efficacy and safety of Listerine has been studied and proven in at least ten long-term studies. They demonstrated that Listerine can reduce

supragingival plaque and interproximal plaque by up to 56% and 44% respectively compared to brushing alone⁶.

In summary, the public are buying and using mouthwash, and they like them. They are cost effective and easy to use. So lets all get on board! Enhanced oral home care practices will help improve oral health and boost the health of the nation.

So we all need to evangelise and promote the plan of action...to brush well, clean in between and rinse!

References

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Speak your mind – National Dental Survey for professionals now online

Dental professionals can now take part in the National Dental Survey 2007 after the British Dental Health Foundation launched a specific category to look at the views of the profession.

The National Dental Survey, conducted every year for National Smile Month, has become an important tool in exploring the attitudes and dental habits of the UK public, and even featured on top US news show CNN last year. However, this year the Foundation is looking to develop a much more rounded picture of dental health in the UK, and will be running the dental professionals survey alongside the public survey on the website: www.nationalsmilemonth.org

Dr Nigel Carter, chief executive of the Foundation, commented: "The new profession facing survey is open to anyone currently working in dentistry including dentists,

dental nurses, oral health educators, hygienists, dental therapists, dental receptionists and practice managers. The survey covers a range of issues, from water fluoridation to NHS funding, and will give dental professionals a chance to air their views in confidence. After a difficult year for dentistry we are urging all members of the dental community to spare five minutes to take the survey. The information gathered will provide an important document on dentistry in 2007. We hope that the results can be used to encourage debate on a number of key dental issues."

To take the National Dental Survey visit the website www.nationalsmilemonth.org and click on 'Take the Survey'. National Smile Month 2007 runs from May 13 to June 12 under the theme 'Two Minutes Twice a Day'. Dental professionals planning to get involved in National Smile Month should also register their event on the website.