

TOOTHPASTE.

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Abstract: Toothpastes are daily oral care products, the chemical composition of which is constantly changing due to production competition. It makes even more difficult for dentists to decide which toothpaste is best to recommend and for patients to choose one. The purpose of the article is to investigate the effect of different types of toothpaste and their ingredients. Recommendations for toothpaste choice and usage were developed from the best evidence available.

Key words: toothpaste, teeth, mouth, dentist, substances, smile, healthy, cleaning.

Toothpaste - hygienic resources for oral cavity in the form of a paste, gel or powder, which it is used to clean teeth from plaque in order to prevent caries.

Everyone wants to have healthy and beautiful teeth. With dazzling smile, you can work effectively in communicating with people. Every healthy person takes care of their tooth and gums.

The toothpaste we use every day is the main tool for our teeth. It is not only for cleaning, but it also has other functions that we do not know. Until now, dentists have been asked a lot about which toothpaste to use, but there is still no definite answer in this question. According to many experts, you don't need a specific type of toothpaste to keep your teeth clean and discolored.

In fact, toothpaste is only a cosmetic product, it does not whiten your teeth, but removes bad odors from your mouth. Because the toothpaste only contains substances that eliminate unpleasant odors, but there are no ingredients that clean the teeth, so even after brushing the teeth, some bacteria may remain on the teeth.

Types of toothpastes:

- Anti-decay toothpaste is the most common of the toothpastes, and fluoride is the ingredient responsible for preventing tooth decay.
- Tartar control toothpastes are designed to prevent plaque from hardening into tartar. The ingredients that help prevent tartar buildup include pyrophosphates and zinc citrate. If your teeth are more prone to tartar buildup, brush twice a day, and ask your dentist if tartar control toothpaste is right for you.

- Desensitizing toothpastes are a bit expensive. It is important to reduce tooth sensitivity with your dentist and follow his or her recommendations on how to help reduce your tooth sensitivity.

- Whitening is the most common toothpaste. Who doesn't want pearly whites? Whitening toothpaste has some chemicals to resist stains, such as those caused by coffee or smoking, and pulling them off the tooth. Whitening toothpastes can't change the natural color of your teeth. Also, they can't lighten a stain deeper than the tooth's surface.

- Smokers toothpaste using abrasives to remove the stains caused by the tar deposits in smoke.

1. Children's toothpaste is more to the tastes of children, with sweeter flavors like bubblegum. Children's toothpaste has a lower concentration of fluoride.

Teach your children early to spit the toothpaste out and rinse their mouths after brushing

Ingredients of toothpastes and mouthwashes:

- ★ Abrasives
- ★ Calcium carbonate (CaCO_3)
- ★ Silica, silica hydrate (SiO_2 , $\text{SiO}_2 \times n\text{H}_2\text{O}$)
- ★ Binders
- ★ Sodium alginate
- ★ Carrageenan
- ★ Carbomers
- ★ Calcium and Phosphate
- ★ Solvents
- ★ Sodium lauryl sulphate (SLS)
- ★ Triclosan
- ★ Essential oils
- ★ Chlorhexidine
- ★ Anti-calculus agents
- ★ Pyrophosphate
- ★ Zinc-ions and others.

From this list we can see that,

- ★ fluorine to strengthen enamel
- ★ Calcium / Phosphate supplementation in a toothpaste or mouth rinse will increase the concentration of these ions in the oral cavity. In this way they improve remineralisation and increase fluoride uptake.

- ★ sodium lauryl sulfate for toothpaste foaming;

- ★ substances such as silicon, calcium carbonate for teeth whitening;
- ★ Sweeteners also improve the taste of toothpastes and mouthwashes and give them a mild and sweet taste.
- ★ triclosan against oral infections, but this substance can have a negative effect on the endocrine system.

Charcoal and bentonite clay - contain the right amount of substances to care for teeth, while killing bacteria in our mouth. Many people don't want to use these types of natural teeth cleaners, such as charcoal, so this type of toothpaste is the best alternative for them.

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