



FREE CE

Scan the QR code to watch "What Does Science Tell Us About Fluoride Varnish?," presented by Shelley Brown, MD, BSDH, AS, RDH, FADHA. This free CE webinar offers the latest science surrounding fluoride varnish and why fluoride uptake is critical for effective prevention.



CENTRIX

Fluoride That Stays On, Uptake That Endures

A Bridgeport, CT, clinical instructor and hygienist relies on data that proves FluoroDose offers optimal fluoride uptake and a greater line of defense against acid and decay

The science is clear: the longer a fluoride varnish stays on a tooth, the higher the fluoride uptake. FluoroDose fits the bill—adhering tightly to enamel for 4 to 6 hours of sustained contact without washing away. That's why Kayla Aamoth, RDH, BS, MHA, calls it a winning strategy for treatment success.

A professor at the University of Bridgeport and a practicing pediatric hygienist for more than a decade, Aamoth has tried dozens of fluoride varnishes in her clinical and teaching career, but she follows the evidence on fluoride uptake, and the data consistently points to FluoroDose.

Time on the Tooth

"The biggest benefit of FluoroDose is the extended contact time on the tooth, and that's really what sets this product apart from others, especially as we are seeing more water-based fluoride varnishes that wash very quickly after application," Aamoth shared.

For Clifton Carey, PhD, a well-known author, international speaker, and esteemed scientist who specializes in fluoride chemistry, the key to protect-



Kayla Aamoth,
RDH, BS, MHA

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ing enamel surfaces is directly linked to a high fluoride uptake. Once applied to teeth, he explained, fluoride varnish reacts in 2 ways: it either precipitates quickly or slowly reacts with the tooth, producing fluoroapatite.

Delivers on the Science

According to Dr. Carey, fluoride that precipitates quickly is called loosely bound fluoride, which dissolves into saliva within a few hours and provides little benefit to the tooth.

If fluoride adheres tightly to the tooth with enough contact time to enable a chemical reaction, it becomes known as enamel-bound or tightly-bound fluoride, which protects the enamel for months.

"If you apply varnish to the tooth and it falls off or gradually washes away with saliva, it won't have enough time to interact with the enamel," Dr. Carey said. "In my experience, time matters. If you're using an aqueous system with little stickiness, you've taken

away one of the most important factors: holding the concentration of reactive ingredients on the tooth surface long enough for it to do the work it's supposed to do.

"Teeth are fairly nonreactive—it's a slow reaction—so we have to overcome that. For clinicians, the challenge is finding a varnish that's thick and sticky enough to adhere to the teeth, but that doesn't feel terrible."

45-Second Application Time

A 5% sodium fluoride varnish, FluoroDose has an average application time of just 45 seconds with a smooth, nonclumpy texture.

"The name of the game in pediatric dentistry is cooperation and timing," Aamoth shared. "The texture of FluoroDose is great because it's smooth, and we don't get complaints because it's not clumpy. Once it's painted on in a thin layer, it dries clear with no tooth discoloration, so patients don't generally notice that it's there."

FluoroDose is free of lactose, dairy, eggs, gluten, soy, peanuts, tree nuts, fish/shellfish, seed products, and dyes. Patients choose from 6 great-tasting flavors: Bubble Gum, Caramel, Cherry, Melon, Mint, and DraganBerry, in honor of Centrix's founder, Dr. William Dragan.

"Having different flavors is a big incentive because it gives young patients a

sense of autonomy," Aamoth added.

When giving aftercare instructions to her young patients and their parents following a FluoroDose application, she tells them to avoid anything hot, sticky, or crunchy and to instead stick with water and soft, normal-temperature food or snacks immediately after treatment.

"Giving that advice makes a big difference, and with FluoroDose, I have confidence the fluoride is still doing its job well beyond the appointment," Aamoth said.

Rx for Hypersensitivity

A secondary benefit of fluoride varnish is that it is proven to relieve hypersensitivity by blocking open tubules that penetrate through the dentin to the pulp, halting the movement of fluid through them and stopping the pain.

"If a varnish offers a thick cover that doesn't wash off right away, it migrates to the tubules, similar to molasses filling up a grid," Dr. Carey explained.

A Prevention-First Learning Approach

In her clinical curriculum, Aamoth said it's the preventive properties that resonate most strongly with her students:

"If we can get fluoride varnish onto precarious lesions as they're happening, we can sometimes see those lesions being reversed, which is fantastic."

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Take a proactive approach and learn more about the hidden costs of dental disease—and why prevention matters—by joining Centrix's Prevention for Life program, a free platform that offers access to exclusive



CE Lunch & Learns, expert-led webinars, and dozens of printed resources, including the popular Prevention Toolkit and Practice Health Calculator. **Scan the QR to get started!**



FLUORIDE VARNISH: NOT JUST FOR KIDS

In the U.S., 92% of adults have dental decay, with nearly one-third of those adults also having untreated cavities.¹ Fluoride varnish can help adults avoid more invasive dental treatment and complex oral health issues down the road as they age.

"All adults should be using fluoride," Dr. Carey said. "The concept that fluoride only works when teeth are developing is just incorrect. Fluoride has topical use, and that's why toothpaste is important—not just because it cleans your teeth, but

because the fluoride it leaves behind protects tooth surfaces."



Here are a few more facts, backed by science, about why fluoride varnish isn't just for kids:

- The lifetime cost of treating just 1 decayed molar is \$6,105²
- Fluoride has been added to drinking water for 70 years and has provided 25% more protection against tooth decay³
- Fluoride is a mineral that has been clinically proven to prevent tooth decay⁴
- Drinking fluoridated water reduces tooth decay in adults by 25%⁵

1. Health Policy Institute and ADA Untreated Caries Rates Falling Among Children, Rising Among Low-Income Adults and Seniors. Retrieved from <http://www.ada.org>
2. www.pewtrusts.org/en/research-and-analysis/data-visualizations/2013/water-fluoridation-many-still-dont-receive-its-benefits
3. <https://www.ada.org/resources/community-initiatives/fluoride-in-water/fluoridation-resources>
4. <https://www.cdc.gov/fluoridation/faqs/about-fluoride.html>
5. <https://americanfluoridationsociety.org/education/>