

Apa  Care



ApaCare Dental Health Guide

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Healthy in the mouth.

As soon as the first tooth has broken through, it's a matter of „brushing teeth“ for the rest of your life. Bacteria and plaque should be removed and of course you want to smile brightly with shiny white teeth.

Bacteria are often regarded as nasty, disease-causing germs. Yet humans and bacteria have developed together in the course of evolution and benefit from each other. Our oral bacteria support digestion and even the regulation of important body functions such as blood pressure.

Regular antibacterial oral care measures, as they are still practised on a large scale today, are rather harmful according to the latest studies.

Rather, dental care focuses on mechanical brushing: In the areas in the mouth and on the teeth that are reached by the predominantly moving brushes and toothpaste, the healthy oral flora is stabilised and maintained. Disease-causing bacterial species are thus not given a habitat.

As a rule, it is sufficient to brush twice a day, preferably with a machine toothbrush and a good toothpaste, although you will certainly need the usual 3 minutes or even a little longer until all tooth surfaces are clean and the niches are reached.

This is supported by the right care products, most simply in the form of toothpaste. The toothpaste should return to the tooth what is worn away from the tooth surface every day. (e.g. ApaCare toothpaste). Very modern toothpaste can also guide the oral flora and stabilise a healthy colonisation (OraLactin toothpaste).

Interdental spaces should also be cleaned once a day. For adolescents and young adults, it is best to use a slippery dental floss. In case of receding gums or periodontitis as well as dental implants, interdental brushes in graduated sizes are recommended (should not jam).

If you suffer from bad breath, you should brush your tongue daily (normal toothbrush or special tongue brush).

Expert-Tip:

Targeted and thorough helps more than often and quickly. Brushing your teeth more than twice a day is usually unnecessary. All tooth surfaces must be reached „mechanically“ and the ingredients of the right toothpaste must „take effect“.



The right toothbrush

There is no longer any doubt: mechanical, electric toothbrushes clean better than manual toothbrushes as well for adults and children. This is mainly because the fast bristle movements clean better and partially compensate for the difficult manual brushing techniques required for manual toothbrushes. Manual toothbrushes are now only preferred in individual cases with particularly sensitive teeth, very advanced abrasions or after dental surgery.

The brush head should not be too large and should be medium-hard (ApaCare 3D Sensitive brush heads) and should be replaced every 2 months at the latest. The brush is held at an angle against the tooth and gums and only pressed lightly (the gums just become slightly whitish). The brush does the rest on its own.

As a useful addition, there are also mono Inter Polish brushes. These allow you to reach far into the interdental spaces, under bridges, ideal for implants and can remove young tartar well.



If you like, you can rotate the brushes slightly on the spot or wipe out towards the open mouth. Back and forth movements across the row of teeth worsen the brushing result and can cause damage to the neck of the tooth or gums (please avoid).

Expert-Tip:

Machine brushing (electric toothbrush) is better than manual brushing with manual toothbrushes.



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Why toothpaste? Which one?

Toothpaste contains gentle cleaning agents and important additives that improve cleaning by the toothbrush and at the same time influence the tooth surface. The most important additive is natural fluoride with a content of up to 1500 ppm in adult toothpastes and 1000 ppm in children's toothpastes. This binds calcium from the saliva in a thin (invisible) layer to the tooth surface and promotes the natural remineralisation of the teeth.

Very modern toothpastes such as ApaCare toothpaste also contain liquid tooth enamel (medical hydroxyapatite) to build up a smoothing protective enamel layer on the tooth surface with every brushing. This heals small tooth defects, reduces hypersensitivity and gently whitens the teeth.

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Liquid Enamel



Expert-Tip:

Fluoride with liquid enamel. We recommend ApaCare dental care products with fluoride and liquid enamel, also because of their good tolerability and the consistent absence of controversial additives or preservatives.



3
T

Dental plaque. What to do?

If you do not brush your teeth regularly, you risk plaque, discolouration or tartar. Other common causes of tooth discolouration, which is usually dark, are regular consumption of colour-intensive foods and stimulants, such as nicotine, coffee, tea, red wine etc.

Also medicines or mouth rinses, e.g. those based on chlorhexidine, can lead to tooth discolouration if taken or used regularly. Especially in the early stages, this can be prevented and often removed with a tooth polishing paste such as ApaCare Polish.

ApaCare Polish tooth polishing paste is used 1–2 times a week instead of the usual toothpaste and thus complements it. This way, you can consistently continue the professional tooth cleaning from the dentist at home.



Older plaque must be removed by the dentist by means of professional tooth cleaning.



Expert-Tip:

Home polishing pastes complement the use of daily toothpaste and are the dentist's extended arm into the home bathroom after professional teeth cleaning. Polish teeth 1–2 times a week.



4th

White teeth without guilty conscience

Our tooth colour is genetically determined and is mainly determined by the dentin inside the tooth. Light reflection effects on the tooth surface as well as the individual light transparency of the whitish enamel allow the yellowish dentin to show through more or less depending on the thickness of the enamel. At the neck of the tooth, the enamel is thinner and therefore the teeth appear more yellow there. With advancing age, the thickness of the enamel layer decreases, which also leads to a more intense yellowish tooth colour.

Bleaching roughens the enamel prisms and makes the tooth surface porous. Less light reaches the inside of the tooth and the tooth appears duller and whiter. Over time, these changes heal again through remineralisation from saliva, which is why bleaching effects only last for a period of a few weeks to a few months.

This is different when using tooth repair pastes, such as the ApaCare Repair Intensive Repair: The enamel surface is smoothed permanently and compacted for a long time by the accumulation and deposition of highly concentrated liquid enamel from the repair paste (see ApaCare White Teeth and Whitening Guide).

This also changes the reflection behaviour of the enamel towards naturally white and brighter teeth. And this persistently.



Expert-Tip:

Apply ApaCare Repair tooth repair paste in the evening after brushing your teeth (e.g. with your finger or toothbrush) and leave on overnight.

If you want to accelerate or intensify the effects, use ApaCare Repair with a dental splint (ApaCare Repair dental splint set).



5th

Perhaps the most important thing: new probiotics,

New scientific findings make us rethink: many previous antibacterial oral hygiene measures inhibit both the pathogenic and the good bacteria and can thus neither preventively stabilise the balance of a healthy oral flora nor restore it after illness. New probiotics such as OraLactin contain healthpromoting, living bacteria that selectively inhibit or kill pathogens by means of inhibitors or enzymes. At the same time, they improve the body's barrier function and stimulate the immune defence. Often, a healthy oral flora is already established after 2-4 weeks of regular use of the probiotic. Ideal as a 30-day cure in the form of pastilles or sachets (see Pro-, Pre- and Postbiotics guide).



... pre- and postbiotics



Prebiotics are natural substances (selective nutrients for the good guys) that promote the growth of healthy oral bacteria. Postbiotics are inactivated bacteria and bioactive substances that can restore the balance of a healthy oral flora by selectively inhibiting pathogenic germs. Both are contained in the new OraLactin toothpaste and OraLactin mouth rinse, so you can benefit from them every day.

Expert-Tip:

All natural health „brushing“.

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Dental health and nutrition

„Sugar is bad for your teeth“ - this is something we learn from nursery onwards. The regular consumption of sugar not only promotes the development of caries but also favours the development and progression of receding gums and periodontitis.

Impure skin and even acne are also associated with a high-sugar diet, and the development and progression of metabolic diseases and even diabetes can be accelerated.

By the way: Almost all sugar substitutes (except for xylitol and erythritol) and also fructose have a similar effect. Often, the hidden sweeteners are predominantly in drinks, including light drinks and convenience foods.

Speaking of fruits: these, like acidic drinks, can promote tooth wear and enamel erosion, which is why you should not brush your teeth for up to 2 hours after eating them.

Food can also heal, even reduce inflammation: the quickest way to do this is to reduce the total daily calorie count (e.g. minimise carbohydrate consumption and avoid „sweet“ snacks in particular).

At the same time, it is recommended to select fats (e.g. cooking with rapeseed oil, preferential consumption of polyunsaturated fatty acids in fatty sea fish, avocado, nuts, etc.) and to avoid the consumption of saturated fatty acids of animal and plant origin (palm kernel fat, coconut fat, etc.).

Many plants and herbs contain so-called secondary plant substances, such as spinach or blueberries, which can additionally improve oral health if consumed regularly.

Expert-Tip:

Check your food and beverages for hidden sugars and try to minimise snacks, including sweetened drinks. Eat a portion of berries (e.g. blueberries) or spinach more often.



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TIP

Do (dental care) chewing gums make sense?

Chewing gum stimulates the flow of saliva and thus the immune defence in the mouth as well as the remineralisation of the teeth and is therefore highly recommended. However, chewing gum containing sugar should be avoided.

By the way, this takes effect after just a few minutes. Regular continuous chewing (several times a day for more than 10 minutes) can overstrain the chewing muscles and can contribute to temporomandibular joint disorders and muscle pain. Chewing gums sweetened exclusively with xylitol (birch sugar) in high amounts are particularly recommended, such as for example ApaCare Gum chewing gums. Used regularly, they can be very effective in preventing caries.

Sweetened
with **100%**
Xylitol.

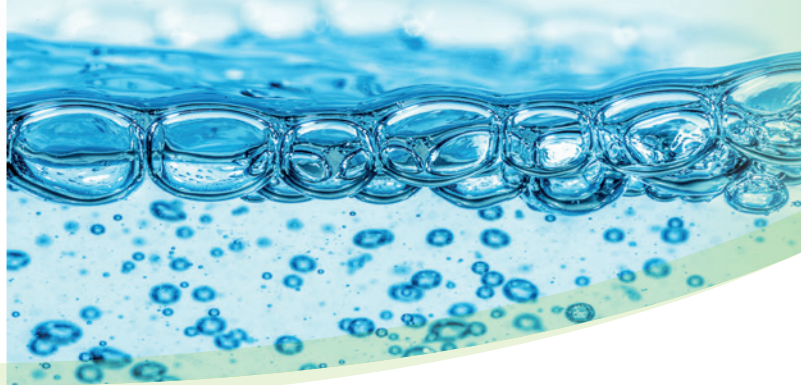


Expert-Tip:

Several times a year:
Xylitol chewing gum cure (30 days each ApaCare Gum).

Adolescents (from the age of 12) **and adults:**
Chew 3x2 ApaCare Gum chewing gums daily.

Children (from the age of 3) **up to the age of 12 years of age:** **chew 1 ApaCare Gum 3 times a day.**



**8
TIP**

Dry mouth. When the mouth and tongue burn.

Saliva is a multi-talent. Normally, between 700ml and 1 litre of saliva is produced during the day, more with chewing, less at night.

Without saliva, you cannot eat because the food sticks to the mucous membranes and cannot be swallowed. But the mineral balance of the teeth is also maintained by remineralisation from saliva, acids are neutralised, flavours and immune substances are transported and much more.

Dry mouth can severely impair the quality of life, up to and including painful burning of the mouth and tongue, and promotes inflammatory diseases.

The causes of dry mouth can be manifold: Lack of fluids, breathing through the mouth, stress, stimulants such as cigarettes or alcohol, medication intake, hormone status up to the after-effects of chemotherapy or radiotherapy, autoimmune diseases and cancer. If the symptoms persist, a medical examination should be carried out in any case (see advice on dry mouth).



Relief is achieved by drinking regularly and sufficiently throughout the day, especially with meals, by reducing consumption of coffee, alcohol and cigarettes, and by avoiding highly spiced or salted foods. Chewing gum and lozenges also promote salivation.

Expert-Tip:

Regular use of hyaluronic acid preparations (such as Gengigel from the pharmacy) as a mouth spray or rinsing solution 4–6 times a day is particularly helpful. Gengigel contains natural hyaluronic acid, which binds water and moisture to the upper layer of the mucous membrane.



9^{TE}

What to do if you have sensitive teeth

The actual body of the tooth (the dentin) is permeated with many small fluid-filled tubules all the way to the „nerve“ inside the teeth. Especially at the neck of the tooth, the overlying enamel is thin or patchy. Ice cream, but also sweet foods or stimulants that come into contact with the neck of the tooth can cause shooting pain through the tubules to the „nerve“.

The tooth and the nerves do not suffer, but those affected do. A permanent remedy can be found if the canals are permanently sealed on the surface.

The most effective way to achieve this is with liquid enamel, preferably in the ApaCare Repair tooth repair paste or by means of ApaCare mineralising tooth varnish (see sensitive teeth guide).



Expert-Tip:

For sensitive teeth, after each brushing, especially in the evening, apply ApaCare Repair tooth repair paste on the sensitive tooth necks (the easiest way is to apply it with your finger) and let it take effect. In case of severe discomfort or sensitivity over a wide area, it is best to use it in combination with a dental splint (ApaCare Dental Splint) or by means of ApaCare mineralising tooth varnish.



What to do in case of bleeding gums or receding gums

Bleeding gums and receding gums are frequent side effects of periodontitis, which can lead to tooth loss if left untreated.

Very often, diseases of the periodontium begin undetected and progress insidiously. Only the dentist can exclude such a disease or treat it effectively, which is why a dentist should be consulted promptly in the case of gum changes, before the bony periodontium is inflamed and irreversibly broken down by the body.

Ultimately, only the dentist can prevent further progress of the disease by examining the periodontium at regular intervals and carrying out a so-called supportive periodontitis therapy.

This is more than a normal professional tooth cleaning, as gum pockets down to the fundus must also be treated (see ApaCare Periodontitis Guide).

Expert-Tip:

Dental care at home alone cannot stop the progress of periodontitis. However, it is very important to extend the regular check-ups and cleanings at the dentist to reasonable intervals (e.g. 1 to 3 times a year depending on the progress and risk of the disease).

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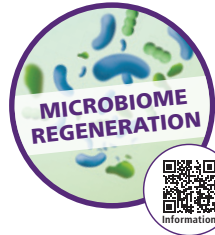
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OraLactin

Probiotics
Pre- and Postbiotics



www.oralactin.com

Further guides are available on the following topics, among others:

- ✓ ApaCare Dental Health Guide
- ✓ The 10 most important tips on bad breath
- ✓ The 10 most important tips for periodontitis/gum inflammation
- ✓ The 10 most important tips for white teeth and whitening
- ✓ Top 10 tips for sensitive teeth and wear and tear
- ✓ Top 10 tips for dry mouth
- ✓ Pre, post and probiotics. Groundbreaking tips for healthy oral flora.
- ✓ Chalk teeth enamel formation disorders Hypomineralisation MIH

Download: www.apacare.com/experttips/

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