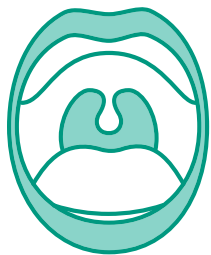


4. Say goodbye to dry mouth

Dry Mouth Gel is a unique, sugar-free product to give long lasting comfort and to sooth symptoms of oral dryness. Unlike most saliva substitutes, it has a neutral pH, preserving the oral pH within the safe range to prevent tooth demineralisation. It is colourless and comes in various pleasant flavours: mint, raspberry, orange, and lemon.



Use Dry Mouth Gel for relief during the day; for night-time prevention, MI Paste Plus is recommended to provide additional protection against caries, promote remineralisation and prevent and relieve hypersensitivity from exposed roots. Dry Mouth gel does not interfere with the effectiveness of RECALDENT (CPP-ACP) or fluoride, so they can safely complement each other.



RESTORE minimally invasive

In mild cases of root caries, sometimes it is not necessary to fill the tooth. Stabilisation and protection - with help from your dentist if required - could then be sufficient. When nonetheless cavitation is already present and intervention is required, the dentist will remove the caries in a conservative manner to maximise the potential for tooth repair and to retain the tooth structure. Adhesive, tooth-coloured, and tooth-friendly materials are used to restore the tooth and promote internal healing.

RECALL depending on susceptibility

How often do people need to see the dentist? The answer? It depends, as it varies from person to person. At your next dental appointment, ask your dentist how often you should come over for a check-up or tooth cleaning.

MI Paste Plus, Tooth Mousse and Dry Mouth Gel are not for sale in regular stores. Ask your dentist where to find them!



Back to your roots!

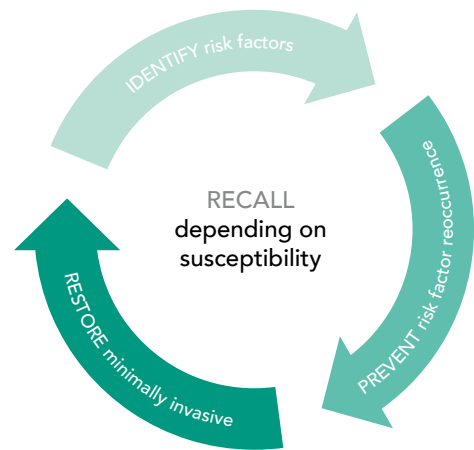
MI treatments for root caries



Healthy ageing... also for teeth!

Today, more than 80% of people over 65 retain at least some of their natural teeth.¹ While there are many challenges on the path that can affect the health of your mouth, there is a lot you can do to keep your mouth looking and feeling younger than its years!

MINIMUM INTERVENTION DENTISTRY



Minimum Intervention Dentistry is a modern medical concept that focuses on the prevention and early interception of disease. Moving the focus away from the restoration of teeth allows the dentist to reduce the need for intervention. If nonetheless repair is needed, a minimally invasive approach is chosen.

When a patient is at risk for root caries or any other type of disease, a much broader approach to prevention is needed where the benefits of several positive interventions are combined.

IDENTIFY risk factors



Gum tissue tends to recede with age. As a result, the much softer root tissue becomes exposed, which is a prime target of dental caries in older adults.



Dry mouth can increase your risk of tooth decay. It may have many different causes; it is a side effect of many medications but also linked to several health conditions, such as diabetes.

PREVENT risk factor recurrence

1. Clean your teeth every day



- Brush your teeth with fluoride toothpaste twice a day. Plaque needs to be removed to maintain healthy teeth and gums.
- Don't forget to clean the spaces in between your teeth! Your dentists can advise you on the devices to use.
- In case you have a condition that limits hand motion, an electrical toothbrush can be considered. Other adaptations exist, such as a utensil holder, wider handles, or elastic bands.

2. Build healthy habits



- Cut down on sugary foods and drinks.
- Quit smoking. Smoking increases the risk of gum disease and oral cancer.
- Consume alcohol only in moderation. It increases the occurrence of dry mouth and oral cancer.
- Drink enough water. The risk of dehydration increases with age.

3. Strengthen and desensitise



Remineralisation is a natural tooth healing process. Bio-available minerals from the saliva are deposited into voids of the demineralised tissue, making it stronger again. This process is promoted by regular application of topical fluorides and amorphous calcium phosphates.

Adjunctive use of bio-available calcium phosphates helps to increase the remineralisation and has shown impressive results in reducing hypersensitivity.^{2,3}



GC MI Paste Plus is a dental cream that contains RECALDENT (bio-available amorphous calcium phosphate; CPP-ACP) as well as fluoride (900 ppm). It can be left on the teeth overnight to boost remineralisation and reduce hypersensitivity. Available in 5 delicious flavours - vanilla, melon, strawberry, mint and tutti frutti - it makes taking care of your teeth a delightful experience!

GC Tooth Mousse is a fluoride-free version containing only RECALDENT. It is available in the same flavours and intended for people who need to limit their fluoride intake (e.g. small children).



RECALDENT™ is derived from milk casein. Do not use if you have milk allergy. In case of allergic reaction: stop use, rinse mouth with water, and seek medical advice.

1. <https://www.nidcr.nih.gov/research/data-statistics/tooth-loss/seniors>
 2. Hay KD, Morton RP. The efficacy of casein phosphoprotein-calcium triphosphate complex (DC-CP) [Dentacal] as a mouth moisturizer in patients with severe xerostomia. N Z Dent J 2003; 99(2):46-8.
 3. Reynolds EC, Walsh LJ. Additional aids to the remineralisation of tooth structure. In: Mount GJ, Hume WR, editors. Sandgate (Qld): Preservation and restoration of tooth structure. Knowledge Books and Software 2005; p. 111-118.