Dental Health Update #11

Base Dental Surgeons and Dental Health Officers

1. Topical Fluoride Systems. I've had a number of inquiries regarding the two-step sequential fluoride rinse system that employs 1-minute applications of APF (0.31% fluoride) and 0.4% stannous fluoride. The manufacturer claims efficacy at reduced concentrations and application time by citing the results of laboratory studies showing a significantly higher level of initial solubility reduction and noting a reaction product that remains on the tooth surface. The implication is that this method will provide a much higher level of protection over a longer period of time. Unfortunately, there are at present no clinical trials to substantiate this claim. There are also concerns about using these rinses in children, because inadvertent swallowing is difficult to prevent. Furthermore, four minutes is still the recommended treatment time for topical fluorides. Studies have shown that fluoride uptake and retention are significantly less with reduced times. Therefore, the American Dental Association does not accept two-step rinse system, and we should not be using it in Air Force clinics for topical fluoride treatments. The only accepted methods for topical fluorides are 2% neutral sodium fluoride, 8% stannous fluoride, or 1.23% APF. (See USAF Dental Service Fluoride Usage Guidelines, September 1990)

2. Accepted Dental Products. In the USAF Dental Service Fluoride Usage Guidelines, September 1990 we listed all the then ADA-Accepted fluoride products. A complete, updated list of all ADA Acceptable, Certified, Professionally Recognized and Accepted Products is available from the American Dental Association. If you are interested in the entire list, write or call the ADA and ask for Clinical Products in Dentistry - A Desktop Reference. In the meantime, Atch 1 contains an updated summary of all accepted fluoride preparations, desensitizing dentifrices, antiplaque/antigingivitis mouthrinses and
artificial salivas. Please attach this to the aforementioned USAF Dental Service Fluoride Usage Guidelines as an addendum.

3. Multivitamin with Fluoride. As reported in the June 17, 1991 issue of ADA News, the ADA Council on Dental Therapeutics has accepted a multivitamin with fluoride. (See Atch 1 for brand names) The vitamins come in various dosages, in tablet and liquid form, and with or without iron. The council had traditionally refrained from accepting these preparations because of concern about the appropriateness of the fluoride dosage, but it reconsidered its position. Acceptance and use of the ADA seal is contingent upon a manufacturer’s compliance with ADA labeling and promotional requirements. Generally, the pediatrician is the doctor who will be prescribing these vitamins.

4. USAF Dental Health Course. Judging from the course critiques and attendees’ comments, the January 1990 Dental Health Course was a success. In addition to a major revision of the course schedule, we instituted two activities that we hope will be annual events. The first was a Dental Health Products Fair that focused on prevention-related products. Over twenty manufacturers accepted our invitation to set up a mini-convention in the NCO club and provide free samples of their products. Attendees enjoyed the experience and the sales representatives indicated their eagerness to come back next year. The second event was the First Annual Dental Health Technicians Symposium. A total of 65 prophylaxis technicians from all the San Antonio military installations participated and received 8 hours of continuing education, including a short session at the Dental Health Products Fair.

The dates for the next USAF Dental Health Course are 4-8 May 1992. We had planned to shift the course to the October time-frame in FY 92, but we were unable to do so. Budget constraints in FY 91 forced the cancellation of many courses that were subsequently rescheduled for early FY 92, taking all available course start dates. We plan to once again make non-centrally funded slots available to those who wish to attend. Contact AFMPC/DPMMD (Col McDonald) NLT 45 days prior to the course start date to request an unfunded quota.
5. **Index to Updates.** Atch 2 is an index to this and the previous ten editions of the Preventive Dentistry/Dental Health Updates. If you are missing copies of any of the previous updates, please contact me for replacement copies.

6. **Slide Series - Revised.** A revised edition of the Prenatal Dental Counseling slide series is now available. Thanks to Lt Col Jeffrey Camm, newly appointed Special Consultant in Pediatric Dentistry to the Assistant Surgeon General for Dental Services for putting together a package consisting of 40 slides, a primary tooth chart, and two articles on infant oral health programs. This series, like all others, is available on a 60-day loan basis to those who request it.

7. **Community Preventive Dentistry Award Results.** Last year I submitted the Air Force Dental Health Program for the American Dental Association’s Community Preventive Dentistry Award. Although we were not selected, I was impressed with the quality, diversity and imagination displayed by the many bases that responded to my request for entries. Keep up the good work!

8. **The Idea Corner.** I’ve had no input from the field for The Idea Corner since last year and thus have nothing to share in this newsletter. I’ll keep the files open if you would like to toot your own horn and tell us about your dental health program’s innovative activities.

9. **Dental Health Fellowship.** From the 1990 Dental Educators Meeting: "In the past the AF has seen the need to have individuals sent for additional training in Preventive Dentistry. The issue of continuing this practice was discussed. A consensus was reached that the needs of the AF do not require an individual be sent for additional training. A motivated, interested graduate of a GDR program should be considered for this position in the future." HQ USAF/SGD concurred. HQ AFMPC/DPMMD, Dental Utilization working in conjunction with the General Dentistry Program Directors will identify qualified individuals as requirements are determined.

10. **Water Fluoridation Data.** Atch 3 contains information taken from the U.S. Department of Health and Human Services' 1988 publication "Fluoridation Census 1985" and may be of interest to
individual bases. As you will note, a lot of data are missing. Please help me fill in the blanks by answering the questions in at the bottom of Atch 3 and forwarding your answers to me at 3790 MSTW/MSD, Sheppard AFB TX 76311-5465.

Laurence P. Crigger, Col, USAF, DC
Special Consultant for Dental Health to the Assistant Surgeon General for Dental Services

1. Accepted Products
2. Index
3. Fluoridation Data

4. Atch
ADA Accepted Therapeutic Fluoride Products

Accepted products include (list taken from Clinical Products in Dentistry, A Desktop Reference, October 1990, published by ADA Council on Dental Therapeutics and may not be complete, check for ADA Seal of Acceptance):

**Pediatric Fluoride Supplements (SYSTEMIC, SUPPLEMENTS)**

Floritab Fluoride Liquid - Floritab Corp (1 mg F per 4 drops)
Floritab Fluoride Tablets, Cherry, Pineapple - Floritab Corp (1 mg F per tab)
Flura-Drops - Kirkman Laboratories, Inc (1 mg F per 4 drops)
Flura-Loz - Kirkman Laboratories, Inc (1 mg F per loz)
Flura-Tablets - Kirkman Laboratories, Inc (1 mg F per tab)
Karidium Sodium Fluoride Liquid - Lorvic Corp (1 mg F per 8 drops)
Karidium Sodium Fluoride Tablets - Lorvic Corp (1 mg F per tab)
Luride-SF Lozi-Tabs - Colgate-Hoyt Laboratories (1 mg F per lozi-tab)
Luride Sodium Fluoride Drops - Colgate-Hoyt Laboratories (1 mg F per 8 drops)
Luride Sodium Fluoride Lozi-Tabs - Colgate-Hoyt Laboratories (.25 mg, .5 mg, or 1 mg tabs)
NaFrinse Acidulated Oral Rinse and Systemic Supplement - Orachem Pharmaceuticals (contains 0.044 percent NaF)
Pediaflor Drops - Ross Laboratories
Phos-Flur Oral Rinse Supplement, Cherry, Cinnamon - Colgate-Hoyt Laboratories (contains 0.044 percent NaF)
Poly-Vi-Flor Multivitamins with Fluoride - Mead Johnson Nutritionals
Tri-Vi-Flor Multivitamins with Fluoride - Mead Johnson Nutritionals

**Topical Fluorides**

1.23% APF gel or solution (TOPOICAL, OFFICE USE, ACIDULATED GELS AND RINSES)

Fluorident Liquid - Premier Dental Products Co
Fluorident 1.23% APF Topical Gel, Cherry, Mint - Premier Dental Products Co

Atch 1
Flura-Gel 1.23% APF Topical Gel - Cadco Dental Products
Gel II 1.23% APF Topical Gel, 16 oz, Apple, Cinnamon - Oral-B
Laboratories, Inc
Healthco Fluoride Gel VM, Bubble Gum, Orange, Strawberry,
    Vanilla Creme - Healthco International
Healthco Topical Fluoride Gel - Healthco International
Karidium APF Topical Gel, Cherry, Grape, Orange - Lorvic Corp
Karidium APF Topical Solution, Cherry, Grape - Lorvic Corp
Karidium Thixotropic APF Topical Gel, Cherry, Orange - Lorvic
    Corp
Kerr Fluoride Gel - Kerr Manufacturing Co
Luride 1.2% APF Topical Gel, Bubble Gum, Cherry, Mint,
    Raspberry Lime Rickey, Strawberry-Banana - Colgate-Hoyt
    Laboratories
*New Age Topical Fluoride Gel, Bubble Gum, Cherry, Mint,
    Orange, Strawberry, Tahitian Fruit, Vanilla - Pascal Co,
    Inc
Nupro Flo 1.23% APF Topical Gel, Bubble Gum, Tropical
    Fruit, Wild Cherry - Johnson and Johnson Consumer Products, Inc
*Nupro 1.23% APF Topical Gel, Bubble Gum, Tropical Fruit,
    Wild Cherry - Johnson and Johnson Consumer Products, Inc
Perfect Choice 1.23% APF Thixotropic Topical Fluoride Gel,
    Banana, Bubblegum, Butterscotch, Grape, Marshmallow,
    Orange, Pineapple, Strawberry, Tutti Frutti, Vanilla -
    Challenge Products, Inc
Phos-Flur Oral Rinse Supplement, Cherry, Cinnamon -
    Colgate-Hoyt Laboratories
Predent Topical Fluoride Treatment Gel - Harry J. Bosworth Co
Rafluor Topical Gel - Pascal Co, Inc
Rafluor Topical Solution - Pascal Co, Inc
Thixo-Flur 1.2% APF Topical Gel, Bubble Gum, Cherry, Mint,
    Strawberry - Colgate-Hoyt Laboratories

* Added to February 1988 list.
Deleted products: Centra Guardian Angel Topical Fluoride Gel -
    Patterson Dental Co; Checkmate 1.23% APF Topical Gel, 3
    flavors - Oral-B Laboratories; Iradicav APF Solution - Johnson &
    Johnson; Luride 1.2% APF Topical Solution - Colgate-Hoyt
    Laboratories; Sultan Topical Fluoride Gel - Sultan Dental
    Products; Thera-Flur APF Topical Gel-Drops - Colgate-Hoyt
    Laboratories

8% Stannous Fluoride (TOPICAL, OFFICE USE, NEUTRAL GELS AND
    RINSES)

Stannous Fluoride 8% - Young Dental Manufacturing Co
2% Sodium Fluoride (TOPICAL, OFFICE USE, NEUTRAL GELS AND RINSES)

Sodium Fluoride Solution 2% - Young Dental Manufacturing Co

Fluoride Dentifrices

SODIUM FLUORIDE

*Aqua-Fresh Tartar Control Toothpaste - SmithKline Beecham Consumer Brands
*Colgate Fluoride Gel - Colgate-Palmolive Co
*Colgate Fluoride Toothpaste - Colgate-Palmolive Co
Colgate Tartar Control Formula Gel - Colgate- Palmolive Co
Colgate Tartar Control Formula Toothpaste - Colgate- Palmolive Co
Crest Doble Accion Toothpaste - Procter & Gamble Co
Crest Tartar Control Formula Toothpaste, Mint, Regular - Procter & Gamble Co
Crest Toothpaste, Mint, Regular - Procter & Gamble Co
Crest Toothpaste for Kids, Super Cool Gel - Procter & Gamble Co
Gel Formula Crest - Procter & Gamble Co
Gleem - FDA Approval Only
*Muppets Fluoride Toothpaste, Bubble Gum, Mild Mint - Oral-B Laboratories, Inc
*Sesame Street Fluoride Toothpaste - Oral-B Laboratories, Inc

SODIUM MONOFLUOROPHOSPHATE

*Anti-Tartar Aim Plus Fluoride Toothpaste - Chesebrough-Pond's Inc
Aqua-Fresh Fluoride Toothpaste - SmithKline Beecham Consumer Brands
Aqua-Fresh for Kids Toothpaste - SmithKline Beecham Consumer Brands
*Colgate Junior with MFP Fluoride Gel - Colgate-Palmolive Co
Colgate with MFP Fluoride Gel - Colgate-Palmolive Co
Colgate with MFP Fluoride Toothpaste - Colgate-Palmolive Co
DentAguard Fluoride Toothpaste - Colgate-Palmolive Co
*Extra Strength Aim Gel (MFP, 1500 ppm F) - Chesebrough-Pond's Inc
Extra Strength Aim Toothpaste (MFP, 1500 ppm F) - Chesebrough-Pond's Inc
Macleans Fluoride Toothpaste, Mildmint, Peppermint - SmithKline Beecham Consumer Brands
Regular Strength Aim Toothpaste, Mint, Regular - Chesebrough-Pond's Inc
Topol Smoker's Fluoride Gel, Peppermint-Spearmint - Dep Corp
Topol Smoker's Toothpaste with Fluoride, Peppermint-Spearmint - Dep Corp

* Added to February 1988 list.
Deleted products: Zact HP Toothpaste; Zact Smoker's Gel; and Zact Smoker's Toothpaste - Rudelle-Lion, Inc.

**Self-applied fluoride rinses/Home-applied rinses (TOPICAL, HOME USE, RINSES)**

NON-PRESCRIPTION (over-the-counter preparations contain 0.05% NaF with 0.023% available fluoride)

Act Fluoride Anti-Cavity Dental Rinse, Cinnamon, Mint - Johnson & Johnson Consumer Products, Inc
*Act for Kids Fluoride Anti-Cavity Treatment, Yum Flavor - Johnson & Johnson Consumer Products, Inc
Fluorigard Anti-Cavity Dental Rinse - Colgate-Palmolive Co
*Ghostbusters Fluoride Anti-Cavity Dental Rinse, The Real - Perin Products
Kolynos Fluoride Dental Rinse - Whitehall-Boyle International
Reach Fluoride Dental Rinse - Johnson & Johnson Consumer Products, Inc

* Added to February 1988 list.

**PRESCRIPTION**

NaFrinse Acidulated Oral Rinse and Systemic Supplement - Orachem Pharmaceuticals
NaFrinse, 0.85% - Orachem Pharmaceuticals
*NaFrinse, 0.2% - Medical Products Laboratories
Phos-Flur Oral Rinse Supplement, Cherry, Cinnamon - Colgate-Hooyt Laboratories
Point-Two Dental Rinse, 4 oz, 1 gal - Colgate-Hoyt Laboratories
Preventive Dental Fluoride 0.2% Sodium Fluoride Oral Solution - EMG Pharmaceutical Products Inc

* Added to February 1988 list.
Deleted products: I.Radicav 0.2% Neutral Sodium Fluoride Mouthrinse - Johnson & Johnson
Fluoride Gels

TOPICAL, HOME USE, STANNOUS FLUORIDE BRUSH-ON GELS

Activus 0.4% Stannous Fluoride Treatment Gel, 2.3 oz, 4.3 oz, Cinnamon, Grape, Mint - Scherer Laboratories, Inc
Control 0.4% Stannous Fluoride Home Fluoride Treatment Gel, 4.3 oz - Arizona Dental Products, Inc
Easy-Gel 0.4% Stannous Fluoride Gel, 4.3 oz, Cherry, Cinnamon, Citrus, Grape, Mint O’ Mint, Natural - Du-More, Inc
Flocare Home Fluoride Treatment 0.4% Stannous Fluoride Gel, Mint - Dentamerica
Flo-Gel 0.4% Stannous Fluoride Home Fluoride Treatment Gel, 4.3 oz - Continental Quest Corp
*Florentine II Home Care 0.4% Stannous Fluoride Gel, Mint - Confi-Dental Products Co
Gel-Kam 0.4% Stannous Fluoride Gel for Home Treatment, 2.3, 3.5 or 4.3 oz, Bubble Gum, Cinnamon, Fruit and Berry, Grape, Mint, Non-Flavored - Scherer Laboratories
Gel-Pro 0.4% Stannous Fluoride Gel, 4.3 oz - Supro, Inc
*Gel-Tin 0.4% Stannous Fluoride Dental Gel, 2 oz, Cinnamon, Grape, Lime, Orange, Peppermint, Raspberry - Young Dental Manufacturing
Perfect Choice 0.4% Stannous Fluoride Home Fluoride Treatment Gel, 4.3 oz - Challenge Products, Inc
Previ-Stan 0.4% Stannous Fluoride Brush-On Gel, 4.3 oz, Banana, Peppermint - Colgate-Hoyt Laboratories
Quik-Gel 0.4% Stannous Fluoride Home Care Gel, 4.3 oz - Dental Resources, Inc
*Schein Home Care 0.4% Stannous Fluoride Gel, Mint - Henry Schein
*Stop 0.4% Stannous Fluoride Home Treatment Gel, 4 oz, Bubblegum, Cinnamon, Mint, Pina Colada, Tangy Grape - Oral-B Laboratories, Inc

* Added to February 1988 list.
Deleted products: Basic 0.4% Stannous Fluoride Dental Gel, 4.3 oz - Basic Dental Products, Inc

TOPICAL, HOME-USE, SODIUM FLUORIDE TRAY-APPLIED GELS

Karigel-N, 1.1% Neutral Sodium Fluoride Gel - Lorvic Corp
*Thera-Flur 1.1% Acidulated Phosphate Fluoride Topical Gel-Drops, Lime - Colgate-Hoyt Laboratories
Thera-Flur 1.1% Neutral Sodium Fluoride Topical Gel-Drops -
* Added to February 1988 list.

**ANTIPLAQUE/ANTIGINGIVITIS MOUTHRINSES**

K Mart Antiseptic Mouth Rinse - K Mart Corp
Listerine Antiseptic - Warner-Lambert Co
Peridex (chlorhexidine gluconate 0.12%) Oral Rinse - Procter & Gamble Co
Puretest Antiseptic Mouthrinse - Vi-Jon Laboratories, Inc

**DESENSITIZING DENTIFRICES**

Denquel Sensitive Teeth Toothpaste - Procter & Gamble Co
Mint Sensodyne Toothpaste for Sensitive Teeth - Block Drug Co, Inc
Promise Sensitive Teeth Toothpaste - Block Drug Co, Inc
Protect Toothpaste for Sensitive Teeth - John O Butler Co
Sensodyne Toothpaste for Sensitive Teeth - Block Drug Co, Inc

**DESENSITIZING DENTIFRICES**

Moi-Stir Mouth Moistener - Kingswood Laboratories, Inc
Moi-Stir Oral Swabsticks - Kingswood Laboratories, Inc
Orex Saliva Substitute - Young Dental Manufacturing
Salivart Synthetic Saliva - Westport Pharmaceuticals, Inc
Saliva Substitute - Roxane Laboratories, Inc
Xero-Lube Artificial Saliva - Scherer Laboratories, Inc
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Over 121 million citizens in more than 7,700 communities throughout the United States are receiving the benefits of optimally adjusted fluoridated water. An additional 9 million people in 1,909 communities are using water with naturally occurring fluoride at levels of 0.7 parts per million or higher. More than 53 percent of the Nation's population has access to water with a dentally significant concentration of fluoride.

Adjusted fluoridation is the conscious maintenance of the optimal fluoride concentration in the water supply for preventing dental caries. The optimal concentration may be accomplished by adding fluoride chemicals to fluoride deficient water; by blending two or more sources of water naturally containing fluoride to achieve the optimal concentration; or by partial defluoridation, that is, removing naturally occurring excessive fluorides to obtain the recommended level.

Fluoridation systems normally use one of three fluoride chemicals: (1) sodium fluoride, a powder or crystal; (2) sodium silicofluoride, a powder; and (3) hydrofluosilicic acid, a liquid.

To prepare the table below, State health departments were asked to update, change, and verify the status of fluoridation (adjusted, consecutive [if purchased from another system] or natural); the date on which fluoridation began; the chemical used for fluoridation; and the optimal level. Optimal fluoride levels are based on the annual average of the maximum daily air temperature of the area and can be calculated using the following formula:

\[
\text{ppm fluoride} = \frac{0.34}{E} \\
E = 0.038 + (0.0062 \times \text{average minimum daily air temperature in degrees } F)
\]

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**BASE**

**TYPE OF FLUORIDE (Circle one):** Acid  NaF  NaSiF6

**STATUS (Circle one):** Natural

- Adjusted (if added at your base)
- Consecutive (if purchased from another system)

**YEAR WATER FLUORIDATION BEGAN AT YOUR BASE:**

**WATER F PPM:** IF NATURAL

- IF ADDED (ADJUSTED OR CONSECUTIVE)