

A SPONSORED FEATURE BY MEDIAPLANET

Oral Cancer
7 important signs
to watch for

Pediatric care
How cavities
are formed

Geriatrics
A golden smile in
your golden years

**MEDIA
PLANET**

March 2013

ORAL HEALTH



WHAT DOES YOUR SMILE SAY ABOUT YOU?

3 FACTS
ABOUT
ORAL
HEALTH

Many people don't know **the mouth is the gateway to total body health.**



Total

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CHALLENGES



FACT

1

ONLY 50% OF
CANADIANS BRUSH
THEIR TEETH
TWICE A DAY

Good health starts at the mouth

Taking good care of your teeth and gums does more than just ensure you have a bright smile. Acknowledging the growing body of research that links oral health to overall health, it is essential that everyone, young or old, understand the significance of good oral hygiene. For years many have looked at oral health as separate and distinct from general health but the two can no longer be separated.

Good habits

The impact of your oral health cannot be underestimated — the mouth is the gateway for total body health. Poor oral health can be linked to diseases such as diabetes, some respiratory disorders and heart disease.

The mouth contains an abundance of bacteria and without appropriate oral hygiene habits, many of the “bad” bacteria can lead to inflammation of gum tissue and the formation of calculus (tartar) which adheres tightly to tooth surfaces. These bacteria can enter

the body through the blood stream or saliva and interfere with your



Sandy Lawlor
President,
Canadian Dental Hygienists Association

body's ability to fight off infection elsewhere.

The key to managing oral health starts with careful attention to home care. Brushing and flossing daily removes plaque that infects the gums and causes cavities. The second thing that is critical for good oral health is regular checkups.

Dental professionals assess the mouth for cavities, gum disease and early detection of oral cancer. Finally, regular removal of plaque and tartar build up, by a dental professional are essential. Following these simple steps will

help minimize the risk of inflammation and oral disease.

MY BEST TIPS**Always remember to...**

- 1 Brush thoroughly twice a day and floss once a day.
- 2 Have regular dental examinations and cleanings.
- 3 Remember that good oral health is essential to good overall health.

Oral Cancer

Technology has improved over the years. There are devices that assist with oral cancer screening, ultrasonic scalers that make the cleaning of teeth more efficient. Some offices now utilize practices such as massage and use of head phones to screen out noises to encourage relaxation during your visit.

At every age

Good oral health is important at any age. Young children should have their first dental visit within six months of the eruption of their first tooth or by their first birth-

day. This not only helps children become familiar with the dental office, but also enables dental professionals to educate children and their parents on the importance of taking care of their teeth. It also allows the oral health care provider to screen for other potential problems that may develop over time. Youth and teenagers often need reminders to limit sugary pop and sports drinks that lead to unwanted decay and to wear a mouthguard when playing sports. Adults need to be assessed for gum disease. Seniors, particularly those on multiple medications, should be monitored for conditions such as “dry mouth” which influence their susceptibility to development of root decay.

Remember, your total health begins with your oral health and practicing good oral hygiene, in partnership with your dental professional, will have you smiling all the way to a healthier you.

SANDY LAWLOR

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WE RECOMMEND



Oral cancer
Not everyone can see it, but your dentist can

PAGE 4

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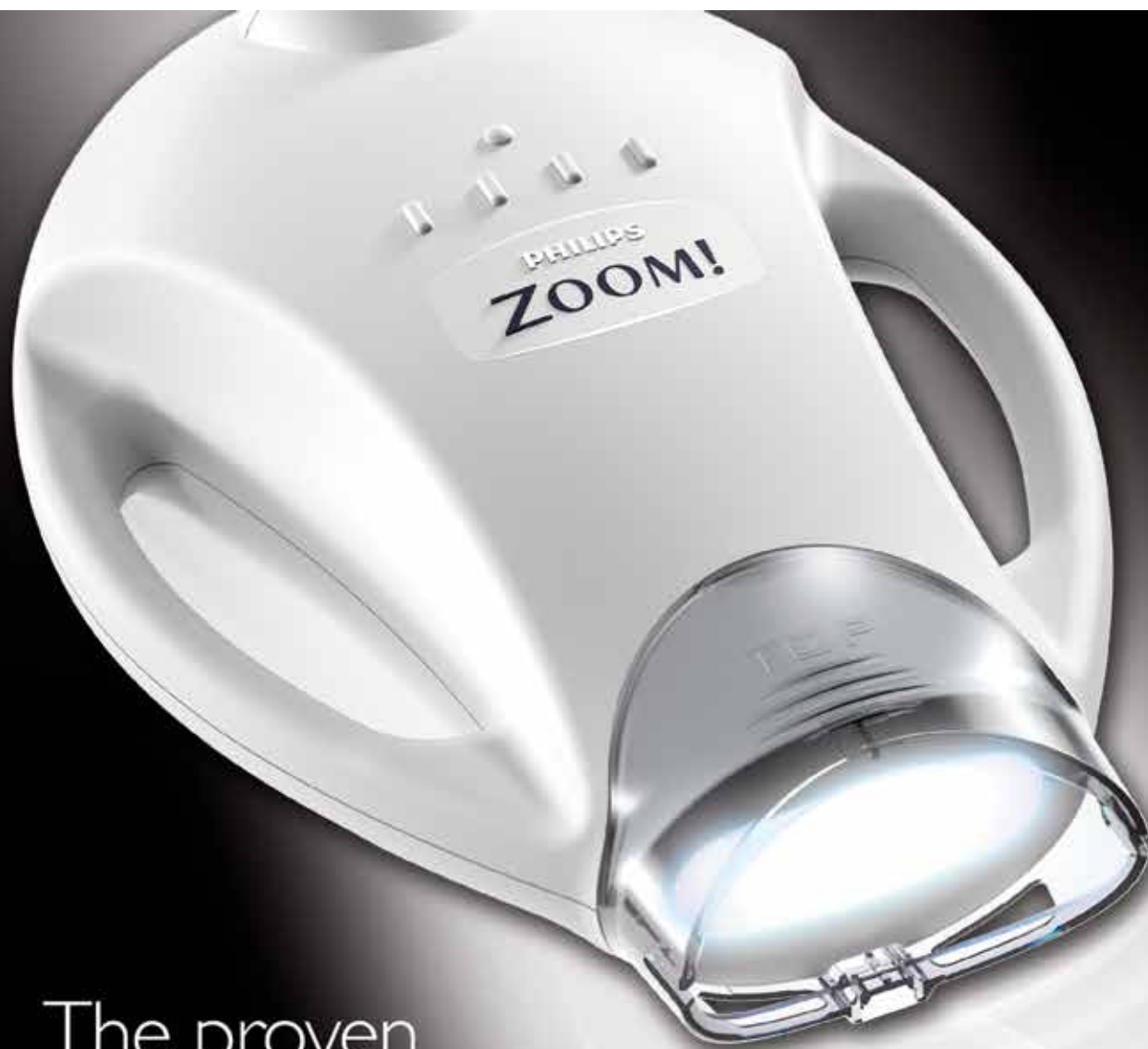
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NEWS



CHECK THIS OUT

Oral cancer— not just your grandparent's disease

! Oral Cancer is the 13th most common and fastest growing type of cancer, particularly for younger Canadians.

Smoking, drinking, sun exposure of the lips and HPV are all risk factors in developing oral cancer.

Here's what to watch for:

- Red or white patches in the mouth
- Lump or thickening of tissue in the mouth, neck, or face
- Sores in the mouth that bleed or do not heal within 14 days
- Numbness in face or mouth
- Wart like masses inside the mouth
- Pain or difficulty swallowing, speaking, chewing, or moving the jaw or tongue
- Hoarse throat that lasts for a long period of time

Most cancers of the mouth can be treated if caught in time, and oral cancers are easily detected by dental hygienists who are familiar with the signs and symptoms.

Reduce your risk; maintain regular dental hygiene appointments, and at your next visit request an oral cancer screening.

www.newscanada.com

SOURCE: CANADIAN DENTAL HYGIENISTS ASSOCIATION
editorial@mediaplanet.com

Oral cancer



Not everybody can see it, but your dentist can

LOOKING DEEPER

In its most recent *Canadian Cancer Statistics* publication, the Canadian Cancer Society (CCS) estimated 1,150 oral cancer deaths and 4,000 new cases of oral cancer in Canada for 2012.



Dr. Arthur Worth
President,
Ontario Dental Association

which can be easy to miss unless you know what you're looking for. And because people see their dentist more regularly than other health-care professionals, dentists are in a unique position to be the first to detect any medical conditions that affect your

“Scheduling a regular dental exam is part of a sound oral health routine, along with brushing, flossing and a healthy diet.”

While these numbers are troubling, there is hope — if caught early, oral cancer can be more easily treated. This is where your dentist comes in.

As the experts in oral health, dentists are trained to spot the early signs of oral cancer —

mouth, including oral cancer.

Regular checkups

Scheduling a regular dental exam is part of a sound oral health routine, along with brushing, flossing, and a healthy diet. But the dental exam is vital

for the early detection and diagnosis of oral cancer, which is critical for increasing the chances of survival with this serious and often-aggressive disease. Consult your dentist immediately if you notice a sore on your lips or gums, or anything else out of the

hol consumption and UV light exposure. Oral cancer can occur in people without these risk factors.

Dentists also look for the early stages of cavities and gum disease during a dental exam, so it is important and beneficial for

FACTS

There are some behaviours that may help to reduce the risk of developing oral cancer:

- **Quit tobacco** and reduce alcohol use.
- **Use lip balm** with UV protection and wear a hat when you are outside and exposed to the sun.
- **Eat a healthy diet** rich in fruits and vegetables.
- **Brush and floss** your teeth daily.
- **Check your mouth** for unusual signs and symptoms.



ordinary that does not go away or heal after a couple of weeks.

Early screening

According to the CCS, there is no single cause of oral cancer, but there are known risk factors such as tobacco use, heavy alco-

everyone to see their dentist on a regular basis.

Your dentist sees things you can't, so book an exam today.

DR. ARTHUR WORTH
editorial@mediaplanet.com



INSIGHT



EVERY STEP ALONG THE WAY Healthy smiles lead to a healthy lifestyle.

YOUR MOUTH IS THE PORTAL TO YOUR BODY

WHAT'S IN YOUR MOUTH?

“Your mouth is a source of infection and these bacteria along with their waste products enter body organs distant from the mouth,” was published in *The Dental Cosmos* in 1891.

Current research has now identified periodontal disease as a risk factor for cardiovascular conditions, diabetes, early delivery and low birth weight babies, several types of cancer including lung cancer, Alzheimer’s disease, rheumatoid arthritis, and osteoporosis.

Recently, periodontal disease has been linked to erectile dysfunction. A study completed in Sweden in 2009 showed that a “very high bacterial load on tooth surfaces and gingival pockets over a prolonged period may be responsible for diseases that subsequently cause death.” This same study compared healthy adults to those who lost at least one molar to periodontal disease showed that extensive periodontal disease may decrease the life span of an individual by 31 to 36 years.

Know the signs

In spite of the serious effects of this disease, current estimates indicate that 75 to 80 percent of the North American population has some form

of periodontal disease, an increase of 25 percent from the statistics quoted in the literature a decade ago. This jump in numbers underlines the fact that we fail to recognize the serious nature of this disease and do not take

the necessary steps for its control.

Bacteria responsible for periodontal disease are easily transmitted between individuals simply by sharing food or kissing. Children are infected by their parents

equivalent of a skin surface wound of 2 to 3 square inches. Periodontitis with loss of supporting bone and gingival attachment can create the equivalent of a skin surface wound of 4 to 6 square inches. If this was

clinical symptoms become evident and should be used to monitor the success of treatment.

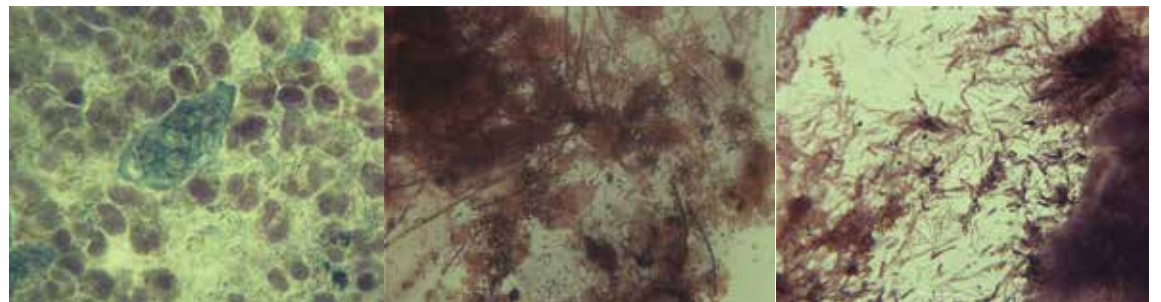
Treatment

Once diagnosed, treatment should

“Recognition of the infection and the bacterial burden is the first step towards a healthy mouth.”



Anne Bosy, RDH, M.Sc., M.Ed.
Senior Vice President & Founding Partner, Oravital Inc.



ORAL INFECTION
These microorganisms are responsible for periodontal disease and bad breath. They are also a risk factor for heart disease and Alzheimer’s disease. PHOTOS: ORAVITAL INC.

at an early age.

There are some reasons why we are complacent about periodontal disease. In its initial stages, periodontal disease has no discomfort. Signs of infection are present when there is bleeding with brushing or flossing and when the periodontal diagnosis identified loss of tissue attachment. Inflammation is present at an early stage of this disease and identified as “just a little bleeding.”

We fail to recognize that the size of the wound with gingivitis or inflamed and bleeding gums is the

present anywhere else on the body, it would be a medical emergency. Be aware that healthy gingival tissue does not bleed and if these symptoms are present, the infection must be treated.

Regular tests

Recognition of the infection and the bacterial burden is the first step towards a healthy mouth. It begins with tests that identify the presence, density, and location of periodontal pathogens. Microbiological tests taken on an ongoing basis can determine the risk of disease before

be immediate to prevent disease progression and to minimize the risk to other organs of the body from invading bacteria and the byproducts of inflammation. Having the teeth “cleaned” is essential as it removes bacterial debris from around the wounded tissues. More aggressive treatment is required in the form of topical and systemic antibiotics, lasers, and other interventions in order to restore the tissues back to a healthy state. A healthy mouth is necessary for a healthy body.

ANNE BOSY

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Five-year survival rate =
63% Canadians

✚ Oral cancer is the 13th most common type of cancer.

Estimates indicate that 3,400 new cases of oral cancer will present each year in Canadians 50 years of age and older.

Smoking, chewing tobacco, snuff, or betel nut, drinking alcohol, sun exposure of the lips and infection with human papillomavirus are risk factors in developing oral cancer.

oral cancer

your 1st defence in oral health

≡ College of
Dental Hygienists
of Ontario

www.cdho.org



NEWS

HONING IN ON THE MOUTH-BODY CONNECTION

College of Dental Hygienists of Ontario (CDHO) president Mike Connor is perturbed — Ontarians are becoming more aware of the importance of dental hygiene, “but people are still not as aware as we would like,” he says.

A healthy mouth is much more than just beautiful teeth and an attractive smile — it is a window to the rest of the body. “Increas-

Research is also pointing to possible links between poor oral health and to women delivering pre-term, low birth rate babies.

Dental plaque bacteria can also travel to the lungs, creating further health complications.

With such strong evidence, it is important to schedule regular visits with a registered dental hygienist, says Connor. “A trained professional can also scan your



“Increasingly, research is showing that the health of one’s mouth, teeth and gums is inextricably linked to a person’s health.”

Mike Connor
President, CDHO

ingly, research is showing that the health of one’s mouth, teeth and gums is inextricably linked to a person’s health,” he notes.

“Many serious health ailments can start or be exacerbated because of poor dental hygiene.”

The state of the mouth

Maintaining good oral health involves eating a healthy diet, not smoking, and using good brushing and flossing techniques to help ensure cavity-free teeth, and gums that are disease-free.

According to Health Canada, cavities and gum (periodontal) disease may contribute to many serious conditions, like diabetes, heart and respiratory diseases.

mouth to ensure that nothing irregular is developing or growing,” he adds.

No one left behind

The CDHO is aware that pockets of the community are still not being served, for example, the poor, the uninsured, and those living in remote communities.

“We also have to consider the elderly in long term care facilities, who may not receive the dental care they need,” he says.

“These are areas we are working to address.”

NEWS

Bracing for success

Twenty five percent of people fitted with an orthodontic brace are over the age of eighteen. The risks, usually connected to the health of a patient's gums, are just as relevant to a teenager as they are to someone in their 50s or 60s.

"Most of my adult patients have wanted to have braces since they were teenagers," said Certified Specialist in Orthodontics, Dr. Garry Solomon. "Maybe their parents couldn't afford it or they didn't have insurance," he continued. "Now that they're older and have the funding, and the opportunity, they seize the moment to realize one of their life-long dreams."

The uncomfortable, obtrusive and often painful braces of the past have been replaced by more understated and stylish designs. This more aesthetic type of brace has helped to eradicate the stigma that used to surround orthodontic treatment.

Self confidence

Dr. Solomon believes that modern day society's emphasis on self-image and psychological well-being has led to more adults seeking orthodontic treatment. "Some adults have a psychological and social motivation; people want to have a healthy looking smile. Nowadays, people are more likely to be embarrassed by their smile. Some people have a real hang-up about how they look because they don't look like a model in a magazine, or a friend of theirs who had orthodontic treatment when they were a child," he said.

There is also the physical health issue. It's extremely difficult to clean and floss crooked teeth and this leads to a higher incidence of gum disease, halitosis, and plaque. A brace can dramatically improve the tooth alignment and therefore improve the state of a patient's gums and bones, and increase their ability to clean their teeth properly. "This increases the longevity of the teeth," said Dr. Solomon, "it gives the patient the opportunity to keep their teeth for life."

For a brace to achieve its best results the patient must remain disciplined by

avoiding certain foods and sticking to a strict dental hygiene regime. Dr. Solomon believes that the strong motivation that adults have to improve their teeth helps maximize the effects of treatment. "Adult patients are usually very compliant and this helps to get superb results. They want the healthy smile and they'll cooperate to the nth degree to get it," he said.

"After 6 months of treatment you see a tremendous change in a patient, you see them taking a different interest in themselves; they're happy, they're smiling."



Dr. Garry Solomon, D.D.S.
Certified Specialist in Orthodontics

Happy to smile

The effect that an orthodontic brace can have on the life of a patient can be immeasurable: self esteem increases and, where there was once self-consciousness, there is now a sense of self-confidence. "After 6 months of treatment you see a tremendous change in a patient, you see them taking a different interest in themselves; they're happy, they're smiling," said Dr. Solomon. "There's no better job in the world than making somebody feel good about themselves."

JOE ROSENGARTEN
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7/10 Canadians

≠ Gum disease progresses painlessly, making it one of the most common and serious oral health problems. Bleeding, tender, and swollen gums are signs you have some degree of gum disease. Tooth loss is not the worst outcome of gum disease. Research shows that oral health has a direct link to overall health.

gum disease

your 1st defence in oral health

College of  Dental Hygienists of Ontario

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INSPIRATION

The future of children's dental health: a healthy mouth right from birth



Prof. Dr. Gajanan (Kiran) Kulkarni, BDS, LL B, M Sc, D Ped Dent, Ph D, FRCD(C)
Diplomate, American Board of Pediatric Dentistry, Associate Professor, Pediatric and Preventive Dentistry

The most common oral problems encountered in children are those of cavities, bite issues related to habits, and injuries to teeth and the mouth.

With some simple daily routines and precautions parents and caregivers can be shown how these problems are preventable. One of the best ways of preventing those problems is by changing health behaviours in expectant and young parents through education.

Where to turn

Based on extensive research, an innovative oral health promotion learning activity has been developed by the University of Toronto's Prof. Gajanan Kulkarni. This oral health promotion activity is based on a DVD termed "Baby Oral Health: Pregnancy through Childhood". It covers topics such as the role of a healthy pregnancy, development of baby and permanent teeth, diet and nutrition, age-appropriate oral hygiene, use of fluoride, the sources of disease causing germs in children's mouths, feeding habits from infancy, early childhood caries or tooth decay, oral habits in children, prevention of injuries, a baby's first dental visit, and the importance of regular dental visits.

It answers the questions most frequently asked by parents regarding their baby's mouth. The audio-visual DVD has been found to be the most effective way of informing and educating parents from diverse cultural and linguistic backgrounds as it uses vivid visuals and simple language. Children of parents who have been exposed to this health promotion initiative have been documented to have fewer problems than others from similar backgrounds.

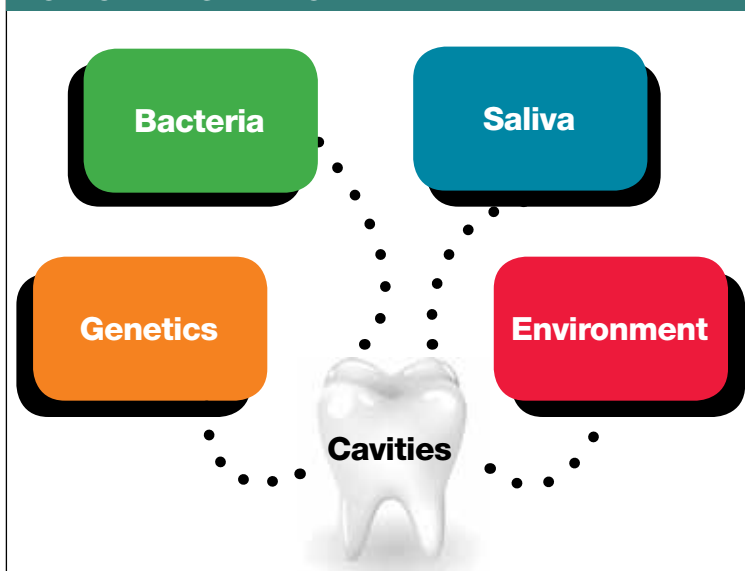
In a new initiative at the University of Toronto, this video is also being used to teach undergraduate students from diverse health fields

Learning more

There is recent research that demonstrates why maintaining good oral health is important right from birth.

Comparing two groups of adults; one group that had never experienced cavities as children and the other group that had experienced severe cavities at a very young age and required hospital treatment it was found that the latter group had far more cavities as adults, spent more money on dental treatments and were generally less satisfied with their mouths suggesting that the pattern of adult disease might indeed be set in early childhood.

HOW CAVITIES ARE FORMED



such as medicine, dentistry, nursing, pharmacy, and speech language pathology on the basics of oral health promotion in babies and young children. This unique interprofessional activity is designed to help these young people both professionally and in their personal lives and foster a collaborative attitude for a common aim- oral health of children.

As with many diseases, dental cavities in individuals result from a combination of genetics and environment. The role of mouth bacteria and environmental influences that contribute to early childhood tooth decay have been extensively studied.

However the contribution of an individual's genetic background has not been studied to the same



LIKE PARENT, LIKE CHILD
Good oral health habits in the early years of life can lead to a longer, happier life.

extent. Recent advances in technologies for DNA sequencing and computer based sequence analysis have allowed the examination of single-nucleotide polymorphisms (SNP) in DNA sequences. SNPs are variations that occur when a single letter in the DNA differs between individuals. These variations in the DNA sequences of humans can affect how humans develop diseases and respond to pathogens, chemicals, drugs, etc.

In the context of dental caries, this would result in an improvement in our understanding of how individuals acquire and respond to cavity-causing foods and bacteria, mouthwashes, oral hygiene practices, and ultimately whether they get cavities or are spared from the

disease. SNPs are also thought to be key enablers in realizing the concept of personalized health care.

Research underway at the University of Toronto's Faculty of Dentistry led by Dr. Kulkarni is comprehensively exploring the associations between the individual's genetics, oral bacteria, and salivary proteins and dental caries by comparing two large groups of very young children, without and with the severe form of early childhood tooth decay.

In the not too distant future, a simple saliva test at birth could help individuals maintain healthy mouths and teeth throughout life.



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INSIGHT

A golden smile for your golden years

The oral-general health link, particularly in older adulthood, is a long-standing observation. Hippocrates, for example, believed that extracting infected teeth cured arthritis. He may have been partly right. A recent study showed that tooth cleanings reduce the pain and swelling of rheumatoid arthritis. Whatever the case, oral health is fundamental to healthy aging.

Successful aging and oral health

As we age, the oral-general health link becomes that much more important. Unlike yesterday's older generations, Canadians will keep most of their teeth into old age. Research demonstrates that good oral health is important to successful aging. It helps you eat a nutritious diet. It helps you to socialize by letting you smile and laugh. Overall, good oral health contributes to a higher quality of life as you age.

A lot of evidence exists linking oral health with the diseases and outcomes of aging. Periodontal (gum) disease has been consistently associated with atherosclerosis and cardiovascular disease markers. Tooth cleanings have been shown to improve rheumatoid arthritis, diabetes, and respiratory conditions among the elderly. Number of teeth and regular tooth brushing has been shown to predict cognitive function in old age and even mortality.

The challenges of accessing dental care as we age

As we age, we need more regular dental care. It helps prevent disease and can save us money by catching potentially costly problems early. Yet access to dental care can become a challenge in older adulthood. Many of us will retire and lose our employment-based dental insurance, and will also begin to live on limited incomes. As well, if and when we enter the long-term care sector, it will be even harder to visit a dentist. Many in government and the dental profession are now exploring ways to improve access to dental care



HEALTHY SMILE, HEALTHY MIND
Regular tooth brushing has been shown to predict cognitive function in old age.

SUGAR FREE

Contains green tea extract to help purify your breath

INSIGHT

“Preventing disease and catching things early is a fundamental step in keeping healthy.”



Carlos Quiñonez, DMD, MSc, PhD, FRCDC
Assistant Professor and Program Director
Dental Public Health, Faculty of Dentistry,
University of Toronto

among the elderly. Yet you can do things to keep you and your mouth healthy, so that you do not need any serious dental care.

What can seniors do?

It is very important to see your dentist and your physician regularly as you age. Preventing disease and catching things early is a fundamental step in keeping healthy. Yet you can do a lot on your own. For example, in terms of your oral health, brush your teeth with fluoridated toothpaste and floss regularly, ideally after every meal, but most definitely at the start and end of each day. If you have dentures, remove and clean them, again ideally after every meal, but most certainly at the end of every day. Do not sleep with your dentures on either. You would not sleep with your shoes on, so why with your dentures? In terms of your health in general, make sure to eat a nutritious diet, drink lots of water, stay active, and get lots of sleep. If you take care of your mouth and the rest of your body in these ways, it will prevent you from getting sick, and will keep you healthy and smiling for a long time.

INSIGHT



SPORTS MOUTHGUARDS – DOS AND DON'TS



✦ DID YOU KNOW?

Do:

1. Sports mouthguards are recommended for sport such as: ice and field hockey, football, rugby, taekwondo, lacrosse, boxing and soccer to name a few.
2. Wear a sports mouth guard for practice and games.
3. The best sports mouthguards are made by a dental hygienist or oral professional to fit your mouth perfectly.
4. Choose a coloured sports mouthguard so that it can be retrieved if lost on the playing field or ice.
5. Remove orthodontic retainers and other removable appliances before inserting your sports mouthguard.

6. If you have orthodontic braces (bands), a sports mouthguard will prevent wire cuts and lacerations.
7. Replace your sports mouthguard every 2 or 3 years or if it becomes torn or split or worn.
8. Rinse the sports mouthguard with cold water or with mouthrinse before and after each use. Clean with toothbrush and toothpaste.
9. Store and transport the sports mouthguard in a firm, perforated container to prevent damage and to provide adequate air circulation.
10. Bring the sports mouthguard to your dental hygiene visit to have it evaluated.

Don't:

1. Don't chew on your sports mouthguard.
2. Don't use hot water to clean your sports mouthguard.
3. Don't leave your sports mouthguard in direct sunlight or in the glove box of a car. Extreme heat can alter the sports mouthguard material and decrease its effectiveness.
4. And finally — DON'T SHARE YOUR SPORTS MOUTHGUARD!

SOURCE: CDHA
editorial@mediaplanet.com

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¹ Than a manual toothbrush. Data on file, 2013.

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