

Secrets of Toothbrushing

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"It's virtually impossible to get gum disease if you follow these secrets".

"Being old can be tough but Being old without teeth is a nightmare".

Why is this booklet important (and why is it important to you)?

Periodontal disease is a devastating affliction. Dentists do not ever tell their patients how to get rid of it because they really don't know how to stop it. Not that it can't be stopped or cured or eliminated; it's just that the doctors who treat it never stop to think about what they are doing or the science behind the problem or the causes of the illness (it is most certainly an illness). What the doctors do is what they are told to do and what they are told has little to do with the research and the reality of the disease process.

This booklet takes a totally different approach. It tells you the number one cause and gives you an easy and effective way to eliminate that cause. The reason one has periodontal disease is that the teeth are not clean. This booklet tells you how to keep your teeth clean so they are clean all the time. (Of course, all the time is not perfectly accurate but is close enough so it is virtually true).

What is done in today's world of treatment is to have the patient return every three months or so to have what is called maintenance therapy, which is a euphemism for cleaning the teeth. This does several things:

1. It keeps you coming back and paying money to the dentist on a regular basis (like an annuity into the dentist's pocket). The problem with that is...
 - a. It never gets rid of the disease so the process is a lifetime affair.
 - b. You will continue to suffer infections, abscesses, tooth extractions and emergencies during the course of your lifetime treatment.
 - i. However, the problems will occur so far apart in time that it will seem as though the treatment is working during those quiet times. It isn't.
2. In the end, you will have spent a lot of money, spent a lot of time in the dentist's office and will still find that, when you become older (the worst time in your life for it to happen), you will have lost all or most of your teeth.

When you return for those 3-month treatments, your teeth are in need of a cleaning. What no one ever tells you is that your teeth were dirty the day before that visit; and the day before that; and the day before that. In fact, your teeth are clean only the days they are cleaned in the dentist's office: Only 4 days of 365! No wonder few people ever get better.

Everyone knows the current treatment does not work. That's why implants are so quickly recommended when teeth begin to suffer from periodontal disease. That's why implants are so popular. Not only does treatment not work so the dentist gives you the may as well remove the teeth now and place implants speech but the dentist makes a lot of money from implant therapy.

Although it is really quite a set-up for the dentist, it is not good for the patient because the destructive forces that caused the loss of natural teeth are never stopped and the implants will succumb to the same problems that caused the natural teeth to be lost.

In the profession, the expression one hears is that the patient traded periodontitis (disease around the teeth) for periimplantitis (disease around the implant). However, just like it took many years for the teeth to succumb, so it also takes some time before the implants fail. And the major causes: uncleanliness and poor nutrition.

As you can see, nowhere along the line is either of the 2 causes properly addressed. One (cleanliness) is woefully poorly addressed and the other, poor nutrition, not at all.

This booklet will tell you how to keep your teeth clean virtually all of the time.

The second most powerful reason one has periodontal disease is poor nutrition. Although this booklet does not delve too deeply into that aspect, it does, at the end, give the #1 step towards solving that aspect of the problem.

In essence, unclean teeth causes the problem and poor nutrition makes it worse.

So, this booklet is important because it explains the problems and gives the answers; something that does not exist anywhere else. This booklet is important to you because you probably have the disease since you're reading this.

By following the suggestions, guidelines and instructions found here, you will be able to keep your teeth clean enough so that when you awaken in the morning and rub your tongue over your teeth, they'll feel smooth, shiny and clean. You'll still have morning breath but that's a different and transient problem.

Why this booklet is important to you is the same reason why proper treatment is important to anyone who has an illness. It is not a good idea to allow an infection to remain in one's body because it affects the entire body and not just the area of the infection. In addition, periodontal disease has been linked to some of our most serious medical problems:

- Cancer
- Arthritis
- Diabetes
- Inflammation
- Respiratory ailments
- Alzheimer's disease
- Cardiovascular disease
- Pregnancy and birthing problems
- And many others.

"Periodontal disease is not a disease of just the mouth".

Having periodontal disease is not a good thing.

What is certainly true about any disease is that it is never caused by one thing. There is always a list of circumstances that allow a disease to materialize. It's also very true with periodontal disease. That's why we suggest you use AP24 toothpaste. This toothpaste places a microscopic, slick coating on your teeth making them so smooth nothing will stick to them. If plaque cannot stick to your teeth, it is virtually impossible to get gum disease. By itself, it is not the answer but along with the other suggestions found here, it gives an enormous boost to your fight against gum disease.

Note: The word "plaque" has been replaced by the more scientific-sounding word "biofilm" even though nothing has changed in the biologic systems of the mouth and the name change does not at all change the effectiveness of the therapy.

The whys and the wherefores

No one ever cleans all of their teeth perfectly well any time they brush their teeth. There are always areas that are missed. By brushing more often throughout the day, it's much more likely that all of the areas will be cleaned.

The shape of the toothbrush determines the manner in which the teeth will be cleaned. Although many different shapes and varieties will clean, it is doubtful that any device will clean all of the areas well enough. Because of individual styles of brushing one's teeth, even identical devices will clean differently when used by different people. We recommend using different devices throughout the day.

The toothbrushing schedule given - 5 times each day - is designed to not interfere with your daily routines. The times chosen (before and after breakfast; before and after dinner; and just before you go to sleep) are times you are usually home. You need to spend only 60 - 90 seconds brushing your teeth. We suggest a timer of some kind be visible when brushing. You might be amazed at what 60 - 90 seconds of tooth brushing feels like. (Most people spend only 15-20 seconds - highly inadequate).

Anyone who has - or is threatened by - periodontal disease need only have a little bit of self-discipline to follow these Secrets. If these Secrets are not followed, we can assume it is either because the victim of the disease lacks even that slight amount of discipline or does not believe the consequences or just does not care.

It's not „wrong” for anyone to practice neglect on one's own body and we certainly are not making any moral judgments. The responsibility years down the road, however, rests squarely with you.

Dentistry is a lifetime endeavor. We all must always go to the dentist for the rest of our lives.

For the periodontal patient, professional support is critical.

Even though you may have a genetic possibility for developing gum disease, certain factors must usually be present to allow the disease to develop. If those factors are not present, possibility never becomes reality. The major factor is the presence of plaque; a soft, sticky substance that forms every day on everyone's teeth.

Periodontal (gum and bone) disease should be considered for the ugly, destructive, quietly invasive disease that it is. Cells of the body have gone awry and, for some reason, they are slowly destroying the bone supporting the teeth. The body is responding and is blatantly obvious in its colorful (red), swollen appearance of the gums. Blood and pus ooze from crevices in advancing stages.

In general:

- Tooth decay (cavities) is a disease of improper diet.
- Gum disease is a disease of not keeping your teeth clean.
- They are separate kinds of problems.

A periodontally infected person must fight the disease for a lifetime. You must first take note that this is a vile disease or its destruction will go unchecked; its backburner personality will continue and those who are charged with handling this problem will be held accountable when the ravages of the disease are tallied. The only way to easily overcome this disease is the frequent brushing of your teeth.

Our recommendations for the home treatment of periodontal disease are both reasonable and scientific. They have been designed to provide the greatest benefit with the least effort. Periodontal disease is a cruel disease. It makes one look old, is often embarrassing (it usually is the cause of bad breath), certainly is not healthy and it usually gets worse because people do not do the easy things when the easy things are most powerful.

Every disease has its weak points. Our techniques attack the weak points. It is especially true of periodontal disease that: The patient who does not change the things that caused the disease will never control the disease.

In order to break the hold of periodontal disease, you must change the manner in which you care for your gums. By following the simple recommendations outlined here, the chances of controlling or eliminating the problem are tremendously positive. You needn't ever have gum disease.

Brushing one's teeth is something each must do for oneself. No one will do it for you. You might get someone to clean your dishes or do your ironing or even shop and cook for you but only you can clean your teeth well on a daily basis. The discipline necessary to avoid periodontal disease varies with different people.

There is definitely a significant breakdown in your health if periodontal disease is permitted to advance to the point of making itself known as evidenced by loosening teeth and infected gums (redness, bleeding, pus, swelling, tenderness).

Brushing is critical and frequency of brushing is the most important factor. It is infinitely better to brush often throughout the day for 60 - 90 seconds each time than to brush once for five minutes. It is far more effective to use several different tooth-cleaning devices over the course of the day than to use one kind.

In fact, the essence of successful, long-term periodontal control is the daily brushing of your teeth - often and with different instruments. Although flossing is probably not needed, nutritional status, professional care and home care are deeply important. Still, there is nothing as powerful as the frequent brushing of your teeth. If we again and again repeat the importance of frequency of brushing, it would not be enough. It is your disease. If you do not change your habits, the disease will only get worse.

There are just a few aspects to The Secrets of Toothbrushing:

- Brush five times each day.
- Brush your teeth at the gumline. (This is where plaque first accumulates!!!) (do not brush the gums directly).
- Use more than one kind of toothbrush throughout the day. A manual toothbrush and a power toothbrush are 2 different kinds. Two manual toothbrushes that have differently designed bristles are 2 different kinds. You can use one kind twice and the other 3 times during the day.
- Make sure the bristles go in-between the teeth.

Without toothpaste, watch to see how you have to hold the brush to make sure the bristles get in between the teeth. Once you know how to do that, you no longer have to watch but it's a good idea to check on what you're doing to make sure you haven't unknowingly altered your use of the brush. (For example, to clean the back surface of the lower front teeth at the gum line, you have to hold the brush so the handle is sticking straight out of your mouth and slightly upward.

- Spend 60 - 90 seconds brushing your teeth.
- Use AP24 toothpaste.

Not available in any store. Your dentist should have it. He's probably using it when he cleans patients' teeth. That's why your teeth feel so supersmooth and supershiny when you rub your tongue over them - even when you awaken in the morning.

Vary from these "secrets" and you will vary from the optimal. The more problematic the disease or the more you wish to prevent gum disease, the more you should adhere to The Secrets. While it is true that some people do not follow these Secrets and have clean teeth and healthy gums, it is unusual. Adequate home care is definitely the responsibility of the individual and there is nothing the doctor can do in the office that will overcome what you will not do at home. AGAIN: BRUSH YOUR TEETH AT THE GUMLINE!!!!

Daily toothbrushing schedule

1. Upon awakening in the morning.
2. After breakfast.
3. After doing your daily chores (work, play, school, etc.).
4. After dinner.
5. Just before you go to sleep.

Upon awakening in the morning

Over the course of the night, dental plaque has a tendency to accumulate. Brushing your teeth before breakfast accomplishes several things. While it removes any unpleasant odors that may have developed during the night, it also refreshes your mouth as it cleans away debris from the teeth. Rarely does anyone ever fully, 100%, clean away all of the plaque they have in their mouth at any one time. Some is always left behind. The secret to success is understanding that it should never be the same areas that are missed. By cleaning your teeth before breakfast, the entire mouth has a better chance of remaining healthy. Also, food tastes better in a clean mouth.

After breakfast

Whether you have merely a glass of juice or a full breakfast, it is important to brush your teeth afterward. Not only is it hygienic but it helps establish a healthier environment for the healing processes that must occur. There will always be those who have no breakfast at home at all. For them, four times a day (diligently) will suffice. Weekends, holidays and vacations may or may not easily permit five times each day because routines are often very different. It's your problem and you must supply the discipline.

After your daily activities (work, play, school, etc.)

Even though brushing after lunch is preferred, this schedule is designed to be practical and the midday cleaning is not necessary if the rest of the schedule is followed. Vigorous rinsing of your mouth should suffice in removing any food particles remaining from lunch. After any meal, your tongue is very important in locating and cleaning away pieces of food that have lodged between the teeth and cheeks or other corners inside your mouth. We suggest that you brush your teeth upon returning home after the day is done. This is usually before dinnertime and the same factors are at work as when we considered the reasons for brushing before breakfast.

Upon returning home after being outside for some time, it is an American hygienic procedure to wash your face and hands. We add that you should also brush your teeth.

After dinner

Removing remaining food particles soon after a meal is important. The bacterial colonies that are always present in your mouth begin almost immediately to act upon the foods you chew or drink. Toothbrushing after a meal speeds the removal of particulate matter and contributes to the establishment of a cleaner, healthier, more resistant environment.

Just before you go to sleep

Sometimes, we snack after dinner. Even if you did not snack, it's strongly suggested that you clean your teeth very well before you go to sleep. During the night, a mouth - closed and harboring the makings of a bacterial infection - is a perfect incubator (warm, dark and moist). No matter how tired you may be; no matter what kind of night you may have had, always brush your teeth just before you go to sleep. This will be the display of discipline that is necessary to overcome the disease. (If you have to crawl into the bathroom to brush, crawl!)

Toothbrushing

There are many ways to use a toothbrush and there are many varieties of toothbrushes. Some toothbrushes are obviously not in good condition. Their bristles are irregular or matted or splayed; there is old toothpaste between the bristles and, in general, they look less than optimal. That should not be.

Always begin brushing your teeth with a clean toothbrush. The bristles should be properly aligned and the handle should be clean. The key ingredients are the ability to remove plaque and the self-discipline to continue doing so. Whether the instrument is power driven or manual, what matters are the effectiveness and safety.

There is nothing the doctor can do that will overcome what the patient will not do.

A good, thorough cleaning of your teeth gives a refreshed and pleasant feeling. Rub your tongue over your teeth. They should feel smooth and shiny. You do not - and should not - lose your teeth over the course of your lifetime. Keep them clean, use them in health and you will use them longer.

After your teeth have been brushed and thoroughly rinsed using water at a comfortable temperature, the toothbrush should be inspected and should look clean and neat. The bristles should be arranged in orderly rows. If they are notably splayed, change your brush. The brush should be free of toothpaste and all other matter. Clean brush, clean teeth, healthier environment. Such is definitely worth the effort.

Buy toothbrushes by the dozen so there is always a new brush available to replace the worn one. How often should a brush be replaced? Much more often than you might think. To determine whether or not a brush needs to be replaced, brush with the one you usually use and then take a new one and immediately brush again. Feeling a noticeable difference means it's likely time to change.

There is nothing as important to the prevention of periodontal disease or to the treatment of periodontal disease than the frequency of brushing your teeth.

You should use a variety of teeth cleaning devices. Since we recommend frequent (5 times a day) brushing, using differently shaped brushes will assure the cleaning of all areas over the course of the day. You can use a lawn mower to clean your teeth as long as you can clean them well and not do any damage. However, the selection of devices we recommend is:

1. The Rota-dent (marvelous power-driven device).
2. Collis Curve toothbrush (the best manual toothbrush we have ever seen).
3. Oral B Sulcus toothbrush (terrific for cleaning your teeth at the gumline).
4. Oral B interdental brush (for in-between the teeth where space permits).

This grouping represents over 96% of all you need to maintain good oral health if you brush according to the schedule. The more periodontal disease you have or the more you want to avoid it, the more you must follow each of our specific recommendations.

We know that other items are important. Seeing your dentist on a regular basis is one of them. The overwhelming factor, however (the secret of healthy periodontal tissues), is the frequency of brushing your teeth. Without that, one fails against the destructive periodontal diseases.

Just Remember.....

Before and after breakfast

Before and after dinner

And just before you go to sleep.

Keep your teeth - a tooth lost is lost for life!

The application of the approach we just detailed will save many, many thousands of dollars for you; in addition to keeping your own teeth for at least a lifetime. The rewards - both hidden and obvious - are huge. They directly enhance your general health and avoid all kinds of headaches and heartaches on many levels.

There are some eye-opening facts that relate to gum disease that may shed a whole new light on your thinking about the subject. There is a growing amount of solid evidence from more and more studies that link gum disease with other diseases.

For example:

- If you have gum disease, there is a 168% greater chance that you will develop cardiovascular disease.
- If you have gum disease, there is a 280% greater chance that you will suffer a stroke.
- If you have gum disease and are pregnant, there is a 700% greater chance that you will give birth to a premature, low birth-weight baby.
- There are also links to diabetes, osteoporosis, cancer, arthritis, respiratory illnesses, Alzheimer's disease, cardiovascular disease, associations with the inflammatory process and other diseases.

Dentistry is not like you thought it was. It's a much more involved science and much more important to your health and well-being than you've been led to believe. Take it seriously. We do.

A note about mouth odor

A very small percentage (5%) of the causes of mouth odor can be traced to the lungs or digestive system. Nearly all mouth odors originate from the mouth itself. About 30% of the odors come from the teeth at the gumline and 70% comes from the top of the tongue, toward the rear. Brushing your tongue is very important in eliminating mouth odors - but does not get to the source nor cause of the problem.

Clo-Sys toothpaste/rinse are prescribed and used for corrective measures if the patient has significant, active gum disease. These products also destroy all mouth odor, be it from onions, alcohol, tobacco, garlic or any other malodor influence. The result is a mouth that has no odor at all (as opposed to having bad breath with a hint of mint) and the effects last for hours. You can obtain these items from your dentist.

I know it's been said previously but it is so important that I wanted to repeat it: Because plaque first accumulates at the gumline and plaque is the enemy - the vicious enemy - you must brush your teeth at the gumline.

Toothpastes

You can clean your teeth very well using water and a toothbrush if you brush frequently. However, if you are going to use toothpaste, you may as well use one that has significant benefits. Basically, all toothpastes are alike. There are only two that are different and we recommend them for specific uses.

We recommend the AP24 toothpaste/rinse system for everyday care of your mouth if you have no advanced gum disease. This toothpaste leaves an extremely slick and smooth microscopic coating on your teeth. This coating is so smooth nothing sticks to it. If plaque cannot stick to your teeth, it's virtually impossible to get gum disease. This oral care system will effectively maintain a healthy oral environment. AP24 is made by Nu-Skin and you can obtain this product from any Nu-Skin distributor or from our office. Your dentist likely will have this in his office because he probably uses it when he cleans your teeth. He will then have additional tubes available for his patients so they have ready access to it. The AP24 system is for maintenance of a healthy situation. You can call Nu-Skin directly to order the AP24 toothpaste. (1-800) 487-1500 and use ID# US9236090.

In our office, no one has gum disease - - - unless they want it.

The Clo-Sys system is used when active periodontal disease is present. Its formulation and special ingredients prevent progression of toxins along the roots of the teeth and destroy the elements (microbes and chemicals) that foster gum disease. When the disease is under control, switch to AP24.

You can follow any regimen you want as long as you keep your teeth clean and do not cause any damage.

Notes of interest

Many people ask about flossing because they have heard so much about it and it's not even mentioned here; and they wonder why the great disparity in advice.

First of all, this is designed to be simple and flossing is not simple.

Secondly, flossing does not get to the major areas of plaque formation. Flossing only cleans between the teeth.

Thirdly, few people floss on a schedule that will make much difference over the long run (years) but brushing is something everyone will do for their lifetimes.

If you brush as suggested here, there is no need to floss unless you get something caught between your teeth

(as happens when eating corn on the cob, steak or other fibrous foods).

Even if you floss, you still have to brush your teeth. Dentists have been telling people to floss for generations and dentistry still has not been able to conquer periodontal disease. That makes me believe that flossing is not the answer. Not that flossing is useless; it does serve a purpose; but the overriding element that will lead to success is frequent brushing of your teeth.

Unclean teeth causes periodontal disease and low nutritional strength makes it worse.

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