

Aid to prevention of caries in older patients*

Identify the patient at increased risk

Consider the age of the patient and whether they have ANY of the following additional risk factors for caries

- High-sugar diet
- Smoker
- Difficulty with regular daily toothbrushing
- Irregular pattern of attendance, e.g. due to reduced mobility
- At risk of dry mouth e.g. due to medications
- Brushes less than twice a day
- Past history of periodontal disease and/or presence of recession
- Presence of crowns, bridges, partial dentures or implants
- Past history of caries
- Dementia

Yes

Professional interventions

- Apply fluoride varnish (2.2%) twice yearly
- Consider prescribing **2800** or **5000** ppm Fluoride Toothpaste in those with active coronal or root caries
- Consider prescribing **2800** or **5000** ppm Fluoride Toothpaste in patients of increased caries risk
- Consider recommending a daily fluoride mouthrinse

Patient education

- Investigate diet and advise on healthy eating
- Review plaque score and toothbrushing effectiveness and assess patient's capabilities¹
- Note any carer should be included in discussions and motivated to help¹

No

Daily routine advice

- **Brush twice daily**, last thing at night and on one other occasion
- **Spit out** after brushing, do not rinse
- Use **fluoride mouthrinse** daily at a different time to brushing

Follow up as needed

The Colgate® caries management toolkit



22,600 ppm Sodium Fluoride

- **Colgate® Duraphat® Varnish**
Clinically-proven medicinal high fluoride varnish for caries control delivering 43% reduction in DMFS²



2800 ppm Sodium Fluoride

- **Colgate® Duraphat® 2800 ppm Fluoride Toothpaste**
Delivers 20% reduction in DMFS – Significantly superior efficacy over regular fluoride toothpaste^{3,**}



5000 ppm Sodium Fluoride

- **Colgate® Duraphat® 5000 ppm Fluoride Toothpaste**
Delivers more effective caries prevention through controlling root caries progression.^{4,#} Remineralising 2x more primary root caries lesions after 6 months^{5,**}



225 ppm Sodium Fluoride

- **FluoriGard Daily Mouthrinse (0.05%)**
Use daily in addition to twice daily brushing, at a different time to maximise the topical effect of the fluoride

Increased risk factors and professional interventions are based on Delivering better oral health, 3rd edition, Public Health England, 2014 (Revised 2017).

* this information is intended for dental professionals.

** vs a fluoride toothpaste with 1100 ppm fluoride.

vs a regular fluoride toothpaste with 1450 ppm fluoride.

Additional references:

1. Da Mata et al. Dental Update 2011;38:376-81 2. Marinho VCC et al. Cochrane Database of Systematic Reviews 2013, Issue 7. Art. No.: CD002279. DOI: 10.1002/14651858.CD002279.pub2. 3. Biesbrock et al. Community Dent Oral Epidemiol 2001;29:382-9. 4. Ekstrand et al. Caries Res 2013;47:391-8. 5. Baysan et al. Caries Research 2001;35:41-46.

Colgate® Duraphat® 50mg/ml Dental Suspension - Trade name of medicinal product: Duraphat® 50mg/ml Dental Suspension. Active ingredients: 1ml of suspension contains 50mg Sodium Fluoride equivalent to 22.6mg of Fluoride (22,600ppm F⁻) Indications: Prevention of caries, desensitisation of hypersensitive teeth. Dosage and administration: Recommended dosage for single application: for milk teeth: up to 0.25ml (=5.65mg Fluoride), for mixed dentition: up to 0.40ml (=9.04 Fluoride), for permanent dentition: up to 0.75ml (=16.95 Fluoride). For caries prophylaxis the application is usually repeated every 6 months but more frequent applications (every 3 months) may be made. For hypersensitivity, 2 or 3 applications should be made within a few days. Contraindications: Hypersensitivity to colophony and/or any other constituents. Ulcerative gingivitis. Stomatitis. Bronchial asthma. Special warnings and special precautions for use: If the whole dentition is being treated the application should not be carried out on an empty stomach. On the day of application other high fluoride preparations such a fluoride gel should be avoided. Fluoride supplements should be suspended for several days after applying Duraphat®. Interactions with other medicines: The presence of alcohol in the Duraphat® formula should be considered. Undesirable effects: Oedematous swelling has been observed in subjects with tendency to allergic reactions. The dental suspension layer can easily be removed from the mouth by brushing and rinsing. In rare cases, asthma attacks may occur in patients who have bronchial asthma. Legal classification: POM. Product licence number: PL 00049/0042. Product licence holder†. Price: £22.70 excl VAT (10ml tube) Date of revision of text: November 2014.

Colgate® Duraphat® 2800 ppm Fluoride Toothpaste - Name of the medicinal product: Duraphat® 2800 ppm Fluoride Toothpaste. Active ingredient: Sodium Fluoride 0.619%w/w (2800 ppm F⁻). Indications: For the prevention and treatment of dental caries (coronal and root) in adults and children over 10 years. Dosage and administration: Adults and children over 10 years old: Use daily instead of normal toothpaste. Apply a 1cm line of paste across the head of a toothbrush and brush the teeth thoroughly for one minute morning and evening. Spit out after use; for best results do not drink or rinse for 30 minutes. Contraindications: Individuals with known sensitivities should consult their dentist before using. Not to be used in children under 10 years old. Special warnings and precautions for use: Not to be swallowed. Undesirable effects: When used as recommended there are no side effects. Legal classification: POM. Marketing authorisation number: PL00049/0039. Marketing authorisation holder: Colgate-Palmolive (U.K.) Ltd. Guildford Business Park, Midleton Road, Guildford, Surrey, GU2 8JZ. Recommended retail price: £5.10 (75ml tube). Date of revision of text: January 2015.

Colgate® Duraphat® 5000 ppm Fluoride Toothpaste - Name of the medicinal product: Duraphat® 5000 ppm Fluoride Toothpaste. Active ingredient: Sodium Fluoride 1.1%w/w (5000ppm F⁻). 1g of toothpaste contains 5mg fluoride (as sodium fluoride), corresponding to 5000ppm fluoride. Indications: For the prevention of dental caries in adolescents and adults over 16 years of age, particularly amongst patients at risk from multiple caries (coronal and/or root caries). Dosage and administration: Brush carefully on a daily basis applying a 2cm ribbon onto the toothbrush for each brushing. 3 times daily, after each meal. Contraindications: This medicinal product must not be used in cases of hypersensitivity to the active substance or to any of the excipients. Special warnings and precautions for use: An increased number of potential fluoride sources may lead to fluorosis. Before using fluoride medicines such as Duraphat, an assessment of overall fluoride intake (i.e. drinking water, fluoridated salt, other fluoride medicines - tablets, drops, gum or toothpaste) should be done. Fluoride tablets, drops, chewing gum, gels or varnishes and fluoridated water or salt should be avoided during use of Duraphat Toothpaste. When carrying out overall calculations of the recommended fluoride ion intake, which is 0.05mg/kg per day from all sources, not exceeding 1mg per day, allowance must be made for possible ingestion of toothpaste (each tube of Duraphat 500mg/100g Toothpaste contains 255mg of fluoride ions). This product contains Sodium Benzoate. Sodium Benzoate is a mild irritant to the skin, eyes and mucous membrane. Undesirable effects: Gastrointestinal disorders: Frequency not known (cannot be estimated from the available data): Burning oral sensation. Immune system disorders: Rare (≥1/10,000 to <1/1,000): Hypersensitivity reactions. Legal classification: POM. Marketing authorisation number: PL00049/0050. Marketing authorisation holder: Colgate-Palmolive (U.K.) Ltd. Guildford Business Park, Midleton Road, Guildford, Surrey, GU2 8JZ. Recommended retail price: £7.99 (51g tube). Date of revision of text: February 2015.

Colgate® FluoriGard Daily Rinse - Name of the medicinal product: Daily Rinse 0.05% w/w Dental Solution. Active ingredient: Sodium Fluoride 0.05 %w/w (225ppm F). Indication: To aid in protection against dental caries. Dosage and administration: For use by persons aged 6 years and over only. Not to be swallowed. Use once per day, preferably after brushing teeth. Rinse 5-10ml around and between teeth for one minute and then spit out. Do not eat, drink or rinse mouth for at least fifteen minutes afterwards. Contraindications: Do not use this product if you are hypersensitive (allergic) to the active substance or to any of the excipients. Special warnings and precautions for use: FluoriGard Daily is not intended for use in children under the age of 6. Excess dosage may cause nausea, and in children under seven, dental fluorosis. This product contains Sodium Benzoate. Sodium Benzoate is a mild irritant to the skin, eyes and mucous membrane. Undesirable effects: None. Legal classification: GSL. Product licence number: PL00049/0012. Marketing authorisation holder.* Recommended retail price: £4.49 (400ml bottle) Date of revision of text: May 2015.