

RADIUS

Basic Oral Care - recommendations of the American Dental Association

- Brush twice a day with a soft toothbrush - RADIUS brushes are only available in soft.
- Use a fluoride containing toothpaste - fluoride has been shown to maintain existing teeth by repairing the damage caused by bacteria.
- Angle your brush towards the gums when brushing - the RADIUS brushes all have this angle built into them.
- Use a gentle touch - RADIUS brushes have very large surface area to lower the pressure on the gums and teeth. It does not take a lot of pressure to remove the sticky plaque from the surface of the teeth.
- Brushing your tongue is recommended for bacteria removal and fresh breath.
- Floss between the teeth at least once a day.
- Use dental appliances to get between teeth and in the gum line - these devices help in maintaining an excellent dentition and gum condition.

Selecting a toothbrush

Toothbrushes are evaluated by the American Dental Association and given the ACCEPTED accreditation if they pass the stringent research tests.

There is little reason to not buy a toothbrush carrying the ADA seal - they are readily available and most professional toothbrush companies submit their products to the Dental School laboratories for testing.

All RADIUS toothbrushes carry the ADA seal.

The American Dental Association

Council on Scientific Materials

The RADIUS Toothbrush is Accepted as an effective cleansing device that has been shown to remove plaque and reduce gingivitis when used as directed in a program of good oral hygiene to supplement regular professional care.

What does soft mean and why is it so important?

Soft toothbrushes have nylon bristles of 0.007" diameter or less. These bristles are soft enough to remove sticky plaque but not so hard that they cause damage to the soft tissues of the gum.

All bristles should be end-rounded, which means that the toothbrush maker has run the bristle tips through a polishing machine to round the rough cut ends of the filaments.

Massaging gum tissue is recommended to dislocate plaque at or below the gum line and to stimulate blood circulation.

The American Dental Association recommends the use of soft toothbrushes.

RADIUS only makes soft through ultra soft brushes. As opposed to most manufacturers, RADIUS uses a gram force gauge to measure the bristle pressure. Most toothbrushes measure over 100 grams, whereas all RADIUS brushes measure below this number.

How long do toothbrushes last?

The answer is "it depends on the user". Wear depends on the user and the shape of their teeth. Many dental hygienists can use the same brush for two years without substantial wear.

Toothbrushes should be changed when the bristles splay out and the central area becomes matted.

RADIUS Toothbrushes are designed to last two to three times longer than traditional toothbrushes.

Can my toothbrush re-infect me with a cold or the flu?

There are over 200 forms of bacteria in a human mouth - over half of them are beneficial to our health. Our bodies live in balance with the immune system battling the negative effects of bacteria. Filling our bodies with anti-bacterial substances is likely to upset this balance and many medical associations are petitioning for a halt in the use of these substances. They believe that their use will diminish the power of the immune system and also lead to the development of super-bugs that can overcome commonly prescribed medicines.

Toothbrushes have never been shown to re-infect users with infections that they have already recovered from.