Effective prevention for all patients at increased caries risk*

- Erupting teeth
- Snacking
- Orthodontics
- Infrequent oral care
- Exposed root surfaces
- Periodontal treatment
- Radiation and chemotherapy
- Medications causing Dry Mouth

22,600 ppm Sodium Fluoride

5000 ppm Sodium Fluoride

2800 ppm Sodium Fluoride

Name of the medicinal product: Duraphat® 5000 ppm Fluoride Toothpaste. Active ingredient: Sodium Fluoride 1.1% w/w (5000 ppm F-). Tip of toothpaste contains 0.6 mg Fluoride (as sodium fluoride), corresponding to 5000 ppm Fluoride. Indications: For the prevention of dental caries in adolescents and adults over 16 years of age, particularly amongst patients at risk from multiple causes (oral and/or root caries). Dosage and administration: Brush carefully on a daily basis applying 0.7 cm ribbons onto the teethbrush for each brushing. 2 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 (e.g. drinking water, fluoride salt) other fluoride medicines - tablets, drops, gels or toothpaste) should be done. Fluoride tablets, drops, chewing gums, gels or sponges, and fluoride water or salt should be avoided during use of Duraphat Toothpaste. When carrying out overall calculations of the recommended fluoride intake, which is 0.75 mg/day per 1000 kcal from all sources, not exceeding 0.1 mg per day, allowance must be made for possible ingestion of toothpaste (each tube of Duraphat 5000 mg/10g Toothpaste contains 2.5 mg of fluoride ions), This product contains Sodium Benzoate. Sodium Benzoate is a mild irritant to the skin, eyes and mucous membranes. Undesirable effects: Gastrointestinal disorders. Frequency not known (cannot be estimated from the available data). Burning oral sensation, immune system disorders: Rare (≤ 1/10 000). Hypersensitivity reactions. Legal classification: POM. Marketing authorisation number: PL/000490/090. Marketing authorisation holder: Colgate-Palmolive (UK) Ltd. Goldfield Business Park, Midland Road, Goldfield, Surrey, GU2 8LU. Recommended retail price: £7.99 (6 tubes). Date of revision of text: February 2019.

Name of the medicinal product: Duraphat® 2800 ppm Fluoride Toothpaste. Active ingredient: Sodium Fluoride 0.76% w/w (2800 ppm F-). Indications: For the prevention and treatment of dental caries (crown 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 foaming of paste across the head of a toothbrush and brush the teeth thoroughly for one minute morning and evening. Split out after use for best results do not rinse or use for 3 min. Contraindications: Individually with known sensibilities 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: PL/000490/090. Marketing authorisation holder: Colgate-Palmolive (UK) Ltd. Goldfield Business Park, Midland Road, Goldfield, Surrey, GU2 8LU. Recommended retail price: £5.99 (75ml tube). Date of revision of text: January 2018.

Trade name of medicinal product: Duraphat® 5000 ppm Fluoride Suspension. Active ingredient: Brilliant blue FCF suspension contains 0.6 mg Fluoride (as sodium fluoride), equivalent to 22.6 ppm Fluoride. Indications: Prevention of caries, desensitisation of hypersensitive teeth. Dosage and administration: Recommended dosage for single application for whole teeth is up to 125 mm (5.5 mg Fluoride), for mild sensitivity is up to 250 mm (11 mg Fluoride), for severe sensitivity is up to 500 mm (22.6 mg Fluoride). Flavours of suspension, 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 any other constituents. Ulcerative gingivitis. Flouride should be avoided for several days after applying Duraphat®. Interactions with other medicines: The presence of alcohol in the Duraphat® formula should be considered. Undesirable effects: Oral mucosal swelling has been observed in subjects with sensitivity to allergic reactions. The dental suspension is only to be removed from the mouth by brushing and rinsing. In rare cases, allergic reactions may occur in patients who have boric acid allergies. Legal classification: POM. Product licence number: PL/000490/092. Product licence holder: Colgate-Palmolive (UK) Ltd. Goldfield Business Park, Midland Road, Goldfield, Surrey, GU2 8LU. Date of revision of text: November 2019.

* Duraphat® Fluoride varnish is ≥ 3 years.
The oral implications of cancer diagnosis

In 2015, nearly 400,000 people in the UK were diagnosed with cancer but how many of these ever had their oral care plan discussed?

Common side effects of cancer treatment in the mouth can include oral mucositis, ulcers, xerostomia, halitosis, dysphagia and fungal infections. These side effects are not exclusive to patients with oral cancer but can affect sufferers of all cancers, the most prevalent of which are breast, prostate, lung and bowel.1

Many patients and their families will be concerned with coping with the diagnosis of cancer, so oral health may be the last thing on their minds. However, given chemotherapy’s suppression of the immune system leading to an increased risk of infection, any pre-existing oral inflammation may escalate to high levels of discomfort for the patient. Dental teams therefore have a key role to play in optimising patients’ oral health prior to their cancer treatment.

By educating patients in their oral care and preventive techniques, we can make a significant difference in patients’ likelihood to suffer painful and unsightly caries, retain their ability to chew and swallow and reduce the risk of malnutrition (estimated to affect between 15% and 80% of cancer patients dependent on type and stage).2

Guidance

There are a number of resources available to dental teams when caring for patients with cancer.

UK Oral Management Care Group (UKOMIC)3

Includes a flow chart to support practitioners with guidance for treatment of patients with oral mucositis.

Royal College of Surgeons* offers guidance on the oral management of oncology patients and the limitations of dental treatments during cancer therapy.

Additional products are available to soothe a patient’s mouth from soreness due to mucositis and xerostomia, in the form of mouthwashes, gels, sprays, toothpaste, gum, pastilles, lozenges and mints. Some are available on prescription and others over the counter or online; some provide lubrication, enzymes and many contain xylitol. Dental professionals are ideally placed to inform patients and other health professionals about these products. It is useful to also be aware of any contraindications of these products along with any ethical concerns these ingredients might raise.

It is important therefore to work together with the medical profession to ensure that the mouth is a priority when treating a patient living with cancer. We can do this by raising the dental team’s awareness of our role in monitoring lifestyle-related cancer risks in our patients, instigating preventive advice pathways and recommendation of products. This will maximise our opportunity to support the oral care of our patients following a cancer diagnosis.

References

Some head and neck patients undergoing radiation may require toothpaste with a higher content of fluoride (over 1,500ppm) in order to protect the teeth

- UK Oral Management in Cancer Care Group (UKOMIC) guidance3

Delivering better oral health4

Public Health England’s guidance on the prevention of caries.

For patients giving concern caries can be prevented by the application of fluoride varnish and by prescribing 2800 or 5000 ppm fluoride toothpaste

- Delivering better oral health: an evidence-based toolkit for prevention
  Public Health England4

Joss Harding is a dental hygienist with a passion for helping cancer patients' mouths. Joss has recently been invited to be Clinical Ambassador for the Mouth Cancer Foundation & Team Member of UKOMIC.