Stabilized Stannous Fluoride dentifrices are toothpastes of choice: Middle East dental consensus

By Dental Tribune MEA / CAPmea

DUBAI, UAE: On 02-03 November 2017, a selected panel of Mi1 elite dental academicians gathered for a two-day scientific consensus to discuss recommendations for best choice of toothpaste. This unique assembly took place at The Address Hotel Dubai Marina, UAE. The results were presented live on stage at the 9th Dental Facial Cosmetics International Conference which took place at KKH Dubai Festival City on 03-04 November 2017.

The consensus was led by Professor Hien Chi Ngo, Dean of College of Dental Medicine of the University of Sharjah and Dr. Elias Berdouses, Board Member of Emirates Pediatric Dental Club. The consensus was achieved by the Delphi methodology (A structured survey approach conducted in multiple rounds of inquiry). The process culminated in the above recommendations which are agreed and signed off by expert panel.

Consensus Group; Standing from left to right: Dr. Eleftherios Kaklamanos, Prof. Hien Chi Ngo, Dr. Elias Berdouses, Prof. Crawford Bain, Prof. Hien Chi Ngo, Dr. Aija Ianeja, Dr. Montaser Al Qutub. Sitting from left to right: Dr. Samira Al Osailan, Prof. Nada Naaman, Prof. Arwa Al Sayed, Dr. Naif Al Moosa

The consensus was achieved by the Delphi methodology

Introduction

An ideal toothpaste should protect gums, teeth and the oral environment with minimal side effects and environmental impacts. In addition to the body of evidence supporting fluoride effectiveness, evidence suggests that Stabilized Stannous Fluoride, with verified bio-availability, has additional benefits. In association with sustained patient compliance (daily use) and effective mechanical debondment, this group recommends the following.

Gum Health

There is emerging scientific evidence supporting the anti-inflammatory action of Stabilized Stannous Fluoride. In Patients with gingivitis, which can predispose to periodontitis, there is evidence that a toothpaste with Stabilized Stannous Fluoride has distinctive advantages in restoring and maintaining gingival health by reducing plaque and calculus deposition.

Tooth Health

There is strong evidence to support that Stabilized Stannous Fluoride is superior to other forms of fluorides in anti-bacterial efficacy and the reduction in acidogenicity of plaque. A Stabilized Stannous Fluoride based toothpaste has been found to be effective in managing dental caries. A Stabilized Stannous Fluoride based toothpaste, in addition to addressing all etiological factors helps reduce progression of erosive tooth wear. There is strong evidence to support that the use of Stabilised Stannous Fluoride toothpaste is effective in reducing dentine hypersensitivity.

General

Based on the recommendation of the European Academy of Paediatric Dentistry (2009), the dosage for toothpaste for children is twice daily. Up to 2 years of age: a pea size of 1cm2, 2 to 6 years of age: a pea size 1cm3 and 6 years and above 1.2cm3. Where higher concentrations of Fluoride toothpastes are not available, larger amounts and longer exposure to toothpaste may be recommended based on individual needs. It is recommended that patients with fixed orthodontic appliances may have an increased risk of gingival inflammation and dental caries. We recommend further scientific studies in the areas of peri-implantitis, root caries and dentine erosion. To increase compliance, oral health care providers should consider the effectiveness of products and patient specific needs regarding age, medical conditions, taste and texture. In conclusion, based on current literature we recommend that a Stabilized Stannous Fluoride based toothpaste is the toothpaste of choice.

Over the two days, the consensus culminated in the above recommendations which are agreed and signed off by expert panel:

Prof. Hien Chi Ngo – Moderator, Dean of College of Dental Medicine, University of Sharjah, UAE
Dr. Elias Berdouses – Board Member Emirates Pediatric Dental Club, UAE
Prof. Crawford Bain – Chairman Periodontics Department, Hamdan Bin Mohammed College of Dental Medicine, UAE
Dr. Arwa Al Sayed – Chairman of the Saudi Fellowship Program in Implant Dentistry, Saudi Commission for Health Sciences, KSA
Dr. Elieharios Kaklamanos – Assistant Professor of Orthodontics, Hamdan Bin Mohammed College of Dental Medicine, UAE
Dr. Naif Al Moosa – Chairman Department of Pediatric Dentistry and Orthodontics, King Saud University, KSA
Dr. Montaser Al Qutub – Head, Division of Periodontics and Postgraduate Program Director in Periodontics, King Saud University, KSA
Dr. Ayaj Ianeja – Specialist Prosthodontist, Dental Studios, UAE
Prof. Khaled Balo – Director of Postgraduate Endodontic Programs, King Abdulaziz University, KSA
Dr. Samira Al Osailan – Oral & Maxillofacial Surgery Consultant, King Abdu Izz University, KSA
Prof. Nada Naaman – Honorary Dean, Professor Department of Periodontology, Saint Joseph University, Lebanon

Reference

2. Further information on the evidence, references and methodologies used can be obtained from Prof. Hien Chi Ngo – Moderator of the Consensus. Please email dme@ dental-tribune.me with your enquiry.