

THE DUBOWSKY DENTAL DIALOGUE

email: scottd3811@gmail.com

website: www.drdubowsky.com



From Us to You, Happy Holidays

Don't forget to enter our holiday giveaway! The entry form is on the back.



Aloe Vera Gel in toothpaste

The aloe vera plant has a long history of healing power. Its ability to heal burns and cuts and soothe pain has been documented as far back as the 10th century. Legend has it that Cleopatra used aloe vera to keep her skin soft. The modern use of aloe vera was first recognized in the 1930s to heal radiation burns. Since then, it has been a common ingredient in ointments that heal sunburn, minor cuts, skin irritation, and many other ailments. Recently, aloe vera has gained some popularity as an active ingredient in tooth gel. Similar to its use on skin, the aloe vera in tooth gels is used to cleanse and soothe teeth and gums, and is as effective as toothpaste to fight cavities.



Aloe vera tooth gel is intended to perform the same function as toothpaste, which is to eliminate pathogenic oral microflora—disease-causing bacteria—in the mouth. The ability of aloe vera tooth gel to successfully perform that function has been a point of contention for some dental professionals. However, research presented in *General Dentistry* may alleviate that concern. The study compared the germ-fighting ability of an aloe vera tooth gel to two commercially popular toothpastes and revealed that the aloe vera tooth gel was just as effective, and in some cases more effective, than the commercial brands at controlling cavity-causing organisms.

Aloe latex contains anthraquinones, which are chemical compounds that are used in healing and arresting pain because they are anti-inflammatory in nature. But, because aloe vera tooth gel tends to be less harsh on teeth, as it does not contain the abrasive elements typically found in commercial toothpaste, it is a great alternative for people

with sensitive teeth or gums. But buyers must beware. Not all aloe vera tooth gel contains the proper form of aloe vera. Products must contain the stabilized gel that is located in the center of the aloe vera plant in order to be effective. Products must also adhere to certain manufacturing standards. Dilip George, MDS, co-author of the study, explains that aloe “must not be treated with excessive heat or filtered during the manufacturing process, as this destroys or reduces the effects of certain essential compounds, such as enzymes and polysaccharides.” Dr. George suggests that consumers consult non-profit associations such as the International Aloe Science Council to see what products have received the organization’s seal of quality.

HAVE YOU MAXIMIZED YOUR DENTAL BENEFIT for 2009?

Most dental benefit plans have an annual maximum. This dollar amount is set by your carrier and it runs out at the end of the annual contract period. For most all plans this is December 31st. This means that when the new year, 2010, starts, whatever benefit you may have left will be lost forever.

We urge you to check your coverage to see what benefit is left for 2009. You not only can use this remaining coverage but can often coordinate this coverage with your 2010 benefits to effectively double the funds available to you. Don’t miss out on this opportunity.

ENTER OUR 3RD ANNUAL HOLIDAY GIVE AWAY RAFFLE!

Just fill out the entry form below and return to our office. This year the grand prize will be an iPod Nano and the two 1st prizes will be Oral-B electric toothbrushes. Make sure that you submit the form before the deadline of 5:00PM on December 21st, 2009

Enter our 3rd Annual Holiday Giveaway. Just fill out the information below and either drop off or send to our office. One entry per patient

Name _____ telephone# _____

email _____

How long has it been since your last check up? _____ Do you have any dental discomfort, now? _____



22, 2009

Entry deadline is December 21, 2009 at 5PM. Drawing to be held at 12:00 noon on December

