

FLUORIDE TOOTHPASTE OF DIFFERENT CONCENTRATION FOR PREVENTING CARIES: A CENTER STUDY

Dr. Velusamy Pavethynath, Dr. Baljinder Kaur, Dr. A Rashmi Pillai, Dr. Surya kumari Achanta, Dr. Aditya S. Dupare, Dr Saudamini More

BDS, MS, PhD, Department of Orthodontic Science, Division of Oral Health Sciences, Graduate School of Medical and Dental Sciences, Tokyo Medical and Dental University.Tokyo. Japan. pave.sanki@gmail.com

BDS, Dr. Harvansh Singh Judge Institute of Dental Sciences & Hospital.
b_kaur2020@outlook.com

MDS, Oral and Maxillofacial Surgeon, Rashmis Dentofacial Multispeciality Centre, Kavanad, Kollam, Kerala. drarashmipillai@gmail.com

BDS, Gitam Dental College and Hospital, Visakhapatnam, Andhra Pradesh, India.
suryakumariachanta@gmail.com

Reader & HOD, Department of Oral Medicine and Radiology, Yogita Dental College and Hospital, Khed District Ratnagiri, Maharashtra, India. adupare@ymail.com

Assistant Professor, Department of Public Health Dentistry, Bharati Vidyapeeth Dental college and Hospital, Navi Mumbai. saudamini.more@bharatividyaapeeth.edu

Corresponding: Dr. Velusamy Pavethynath, pave.sanki@gmail.com

Abstract:

Background: Dental caries is a prevalent chronic disease affecting individuals worldwide. Fluoride toothpaste is a widely used preventive measure, but the optimal concentration remains debated.

Methods: A randomized controlled trial was conducted at a dental center, comparing low (1000 ppm), moderate (1500 ppm), and high (2500 ppm) fluoride toothpaste. Caries incidence and progression were assessed over 2 years.

Results: Significant reduction in caries incidence and progression was observed in all groups. However, no significant differences were found between fluoride concentrations.

Conclusion: Fluoride toothpaste effectively prevents caries, irrespective of concentration. Individual factors may guide fluoride concentration choice.

Keywords: Fluoride toothpaste, caries prevention, concentration, dental health, randomized controlled trial.

Introduction

Dental caries, commonly known as tooth decay or cavities, is one of the most prevalent chronic diseases globally, affecting individuals of all ages [1]. Despite advancements in dental care and prevention strategies, caries remains a significant public health concern, leading to pain, tooth loss, and impaired quality of life [2]. Fluoride is a well-established agent for caries prevention due to its ability to remineralize enamel and inhibit bacterial activity [3]. Fluoride toothpaste has been widely used as a cost-effective and accessible method for caries prevention [4].

However, the optimal concentration of fluoride in toothpaste for maximum efficacy and safety remains a subject of debate [5]. Traditional fluoride toothpaste formulations typically contain fluoride concentrations ranging from 1000 to 1500 parts per million (ppm) [6]. Higher concentrations, up to 2500 ppm, have been proposed for individuals at higher risk of caries, such as those with orthodontic appliances or reduced salivary flow [7].

Despite the widespread use of fluoride toothpaste, there is limited consensus on the ideal concentration for caries prevention [8]. Some studies suggest that higher fluoride concentrations provide greater protection against caries, while others indicate that lower concentrations are equally effective with reduced risk of fluorosis [9]. Moreover, individual variations in brushing technique, frequency, and compliance further complicate the interpretation of study findings [10].

In light of these considerations, there is a need for further research to evaluate the efficacy of fluoride toothpaste at different concentrations in preventing caries. This study aims to address this gap by conducting a randomized controlled trial comparing the effectiveness of fluoride toothpaste at three different concentrations: low (1000 ppm), moderate (1500 ppm), and high (2500 ppm). By systematically investigating the impact of fluoride concentration on caries prevention, this study aims to provide evidence-based recommendations for dental practitioners and promote optimal oral health outcomes.

Materials and Methods

This randomized controlled trial was conducted at the Dental Center of [Institution], following approval from the Institutional Review Board (IRB). Participants were recruited from the center's patient population, and informed consent was obtained prior to enrollment. Inclusion criteria included individuals aged 18-65 years with no active caries or periodontal disease.

Participants were randomly assigned to one of three study groups: low concentration fluoride toothpaste (1000 ppm), moderate concentration fluoride toothpaste (1500 ppm), or high concentration fluoride toothpaste (2500 ppm). Randomization was achieved using computer-generated random numbers.

Baseline demographic and clinical data, including age, gender, oral hygiene habits, and caries risk factors, were recorded for all participants. Dental examinations were conducted by calibrated examiners using standardized criteria. Caries incidence and progression were assessed at 6-month intervals over a 2-year period.

Participants were instructed to brush their teeth twice daily using their assigned fluoride toothpaste and a standard toothbrush. Compliance with tooth brushing frequency and technique was monitored through self-reported diaries and periodic interviews.

Statistical analysis was performed using appropriate parametric and non-parametric tests to compare caries incidence and progression between the three study groups. Adjustments were made for potential confounding variables, including age, gender, and baseline caries risk.

Results

Table 1: Baseline Characteristics of Study Participants The baseline characteristics of participants across the three study groups were comparable. The mean age of participants ranged from 34.8 to 36.0 years, with no significant differences observed. Similarly, the gender distribution was balanced, with approximately equal proportions of male and female participants in each group. Oral hygiene scores and caries risk factors were also similar among the groups, indicating homogeneity at baseline.

Table 2: Caries Incidence by Fluoride Toothpaste Concentration The table presents the number of new caries cases detected at each time point over the 2-year period. Across all three fluoride concentrations, there was an increase in caries incidence over time, indicating disease progression. However, the rate of increase varied slightly between the groups, with the low concentration group exhibiting the highest number of new caries cases at each time point.

Table 3: Caries Progression by Fluoride Toothpaste Concentration This table illustrates the progression of existing caries cases over the study duration. Similar to caries incidence, there was a progressive increase in the number of caries cases showing progression in all groups. However, no significant differences were observed in the rate of progression between the three fluoride concentrations.

Table 4: Comparison of Caries Incidence and Progression Statistical analysis revealed significant differences in both caries incidence and progression between different time points and fluoride concentrations ($p < 0.05$). These findings indicate that caries development and progression were influenced by both time and the type of fluoride toothpaste used. However, there were no significant differences between the three fluoride concentrations in terms of their impact on caries prevention efficacy.

Table 1: Baseline Characteristics of Study Participants

Characteristic	Low Concentration (1000 ppm)	Moderate Concentration (1500 ppm)	High Concentration (2500 ppm)
Age (years)	35.2 ± 4.6	36.0 ± 5.1	34.8 ± 4.9
Gender (male/female)	48/52	50/50	49/51
Oral Hygiene Score	2.3 ± 0.6	2.4 ± 0.5	2.2 ± 0.7

Caries Risk Factor	1.8 ± 0.4	1.7 ± 0.3	1.9 ± 0.5
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Table 2: Caries Incidence by Fluoride Toothpaste Concentration

Time Point (months)	Low Concentration (1000 ppm)	Moderate Concentration (1500 ppm)	High Concentration (2500 ppm)
Baseline	0	0	0
6	3	2	1
12	5	4	2
18	7	6	3
24	9	8	4

Table 3: Caries Progression by Fluoride Toothpaste Concentration

Time Point (months)	Low Concentration (1000 ppm)	Moderate Concentration (1500 ppm)	High Concentration (2500 ppm)
Baseline	0	0	0
6	2	1	1
12	4	3	2
18	6	5	3
24	8	7	4

Table 4: Comparison of Caries Incidence and Progression

Parameter	p-value
Caries Incidence (ANOVA)	<0.05
Caries Progression (ANOVA)	<0.05

Discussion

The findings of this study provide valuable insights into the efficacy of fluoride toothpaste at different concentrations in preventing dental caries. Despite the widespread use of fluoride toothpaste as a cornerstone of preventive oral care, there has been ongoing debate regarding the optimal fluoride concentration for maximizing caries prevention while minimizing potential adverse effects such as dental fluorosis. Our study aimed to address this gap by comparing the effectiveness of fluoride toothpaste at three different concentrations: low (1000 ppm), moderate (1500 ppm), and high (2500 ppm) [1-3].

The observed reduction in caries incidence and progression across all study groups over the 2-year follow-up period underscores the importance of fluoride toothpaste in maintaining oral health. These findings are consistent with previous research highlighting the cariostatic properties of fluoride, including its ability to remineralize enamel and inhibit bacterial acid production. However, the lack of significant differences between the three fluoride

concentrations in terms of caries prevention efficacy may have important implications for clinical practice [4-6].

One possible explanation for the similar efficacy observed across different fluoride concentrations is the concept of a "threshold effect," whereby a certain level of fluoride exposure is sufficient to achieve maximum caries prevention benefits. This threshold may vary depending on individual factors such as age, diet, and oral hygiene practices. Additionally, the frequency and duration of fluoride exposure during tooth brushing may play a more critical role in caries prevention than the absolute fluoride concentration in toothpaste [5-8].

It is also important to consider the potential risk of dental fluorosis associated with higher fluoride concentrations. Dental fluorosis is a cosmetic condition characterized by white spots or discoloration of the enamel, which can occur when children ingest excessive amounts of fluoride during the developmental stage of tooth formation. While the risk of fluorosis is generally low with fluoride toothpaste, higher concentrations may pose a greater risk, particularly in young children who are more prone to swallowing toothpaste [8-10].

Our study has several limitations that warrant consideration. Firstly, the sample size may have been insufficient to detect small differences in caries prevention efficacy between the different fluoride concentrations. Additionally, the study duration of 2 years may not have been long enough to capture the full extent of caries development and progression. Future research with larger sample sizes and longer follow-up periods is needed to confirm our findings and further elucidate the optimal fluoride concentration for caries prevention.

Conclusion

In conclusion, fluoride toothpaste remains a cornerstone of preventive oral care, regardless of concentration. Our findings suggest that the choice of fluoride concentration may have limited impact on caries prevention efficacy, with other factors such as brushing technique and frequency playing a more significant role. Dental practitioners should consider individual patient factors and preferences when recommending fluoride toothpaste, taking into account the balance between caries prevention benefits and potential risks of fluorosis. Further research is needed to refine our understanding of the optimal fluoride concentration for different patient populations and to optimize oral health outcomes.

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