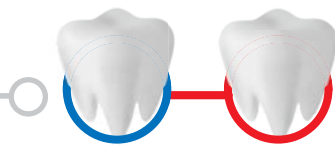


Issue 3

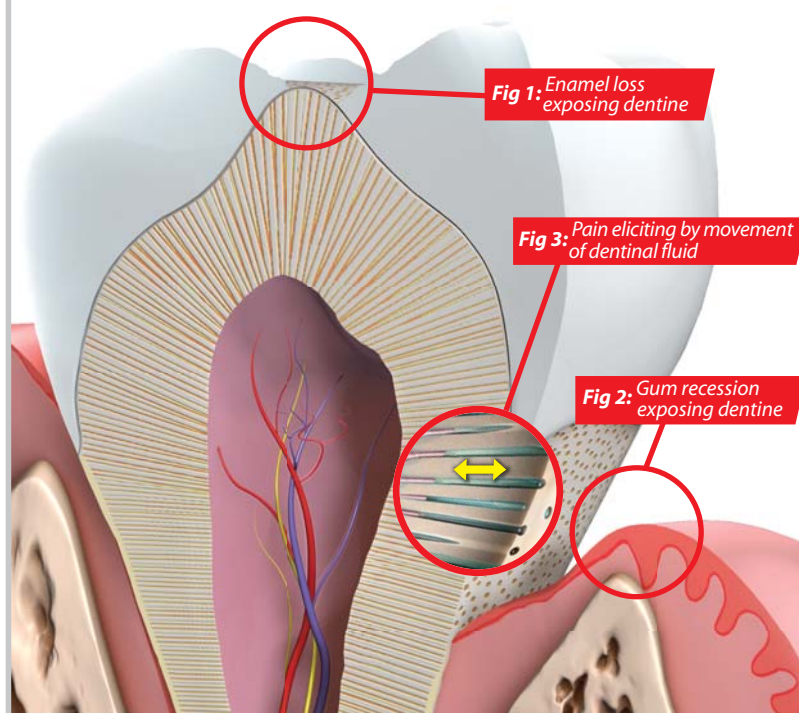
April, 2010


 THE DENTAL PROFESSION & PATIENT PARTNERSHIP  
**ORAL CARE LINK**  
 COLGATE PROFESSIONAL INFORMATION CENTER

# Home Remedies for Dentine Hypersensitivity



**Dr CH Chu, PhD, ABGD**  
Associate Professor, Faculty of Dentistry  
The University of Hong Kong



## Dentine Hypersensitivity

Hypersensitivity is characterized by short, sharp pain arising from exposed dentin in response to stimuli such as cold, hot, sour or sweet food and drinks, air (cold weather) or pressure and cannot be ascribed to any other dental disease. The cause of hypersensitivity is loss of enamel on the tooth crown (Figure 1) and gum recession exposing the tooth root (Figure 2). Dentine is generally covered by enamel in a tooth crown and by a protective layer called cementum in the tooth root surrounded by gum. Dentine contains thousands of microscopic tubular structures that radiate outwards from the pulp (Figure 3). **Loss of enamel can occur as a result of aggressive and incorrect tooth brushing, over consumption of acidic food and excessive tooth grinding. Gum recession may occur due to aggressive and incorrect tooth brushing, aging, gum diseases and certain dental procedures.** The cementum on the exposed tooth root will then easily be removed and dentine is exposed resulting in dentine hypersensitivity.

### Diagnosis is Important

Dentine hypersensitivity may share similar symptoms with dental decay and gum disease, hence, it is essential to consult a dentist when you suffer from pain of similar nature. In addition, the cause of dentine hypersensitivity should be identified and a diagnosis by exclusion must be made for dental hypersensitivity, ruling out other conditions requiring different treatment. Once the diagnosis of dentine hypersensitivity is confirmed, the dentist may discuss with you regarding decreasing the intake of acid-containing foods, and show you correct brushing techniques.

### Home Management with Desensitizing Toothpaste

Traditional beliefs of gargling warm water with salt and biting ampalaya (bitter fruit) and medications for pain relief often cannot eliminate dentine hypersensitivity. Use of desensitizing toothpaste is considered by many as the "first option" recommendation. Some desensitizing toothpastes contain potassium salts to interrupt the neural response to pain stimuli. It is effective but often takes 4 to 8 weeks for pain relief. Other desensitizing toothpastes contain strontium salts

to occlude open dentinal tubules from external stimuli associated with dentine hypersensitivity. Certain patients, however, do not find it effective. New desensitizing toothpastes with arginine and calcium carbonate (Arginine-CaCO<sub>3</sub>) that occludes and blocks open dentinal tubules, are now available in the market. Our study on 390 adult patients with dentine hypersensitivity demonstrated significant pain relief after using professional desensitizing paste with Arginine-CaCO<sub>3</sub>.<sup>1</sup> The new Colgate® Sensitive Pro-Relief™ desensitizing toothpaste containing Arginine-CaCO<sub>3</sub> and fluoride is developed for routine daily use.



Reference: 1. Chu CH, Lui KS, Lau KP, Kwok CM, Huang T. Effects of 8% arginine desensitizing paste on teeth with hypersensitivity. J Dent Res 2010, 89(Spec Issue A) (Accepted on April 16, 2010)

**YOUR PARTNER IN ORAL HEALTH**
[www.colgateprofessional.com](http://www.colgateprofessional.com)

Colgate Palmolive Greater Asia Division are active in : Hong Kong • China • Taiwan • India • Thailand • Philippines • Malaysia • Singapore • Vietnam • Russia • Ukraine • Turkey • Kazakhstan • Georgia • Armenia • Azerbaijan

SUDLER &amp; HENNESSEY

 Client: Colgate  
 Filename: OralCareLink\_Apr10v4  
 Material:  
 Trim Size: A4

 Product: Oral Care Link  
 Job No: DRCOLGHC09002  
 Date: 13th April, 2010

 Publication:  
 Revision: 1