

# Does your fluoride varnish deliver?

Fluoride varnish is one of the best options for increasing the availability of topical fluoride, regardless of the levels of fluoride in the water supply.<sup>1</sup>

Delivering better oral health (DBOH) states that high quality evidence of the caries-preventive effectiveness of fluoride varnish in both permanent and primary dentition is available.<sup>1</sup> A number of systematic reviews conclude that applications two or more times a year produce a mean reduction in caries increment of 37% and 43% in primary and permanent dentition respectively.<sup>1,2</sup> The evidence-based guidance for fluoride varnish states:<sup>1</sup>

- All children aged 3 years and above should have fluoride varnish applied twice yearly
- Those children giving concern should receive two or more applications per year
- Adults giving concern should receive two applications per year

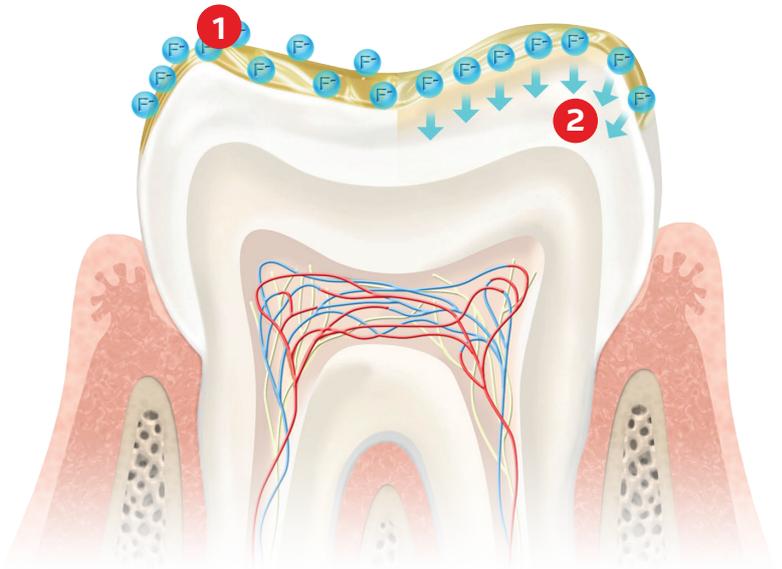
## What to look for in a fluoride varnish?

DBOH also states that clinicians should be aware that there are many fluoride varnishes on the market. Although they may have similar formulations, they may not be licensed for caries control and this should be taken into consideration with respect to prescriber's responsibilities.<sup>1</sup>

## So, what does this mean for you and your patients?

When applying fluoride varnish for caries prevention you will want to know it will provide optimal protection by releasing fluoride ions when the teeth are under attack in an acidic environment, not only on the day of application but over several months. A licensed product must prove it provides a progressive release of fluoride over this period in order to deliver caries prevention.

Medically-licensed Colgate® Duraphat® Fluoride Varnish forms a fluoride-rich reservoir progressively releasing fluoride<sup>3</sup>



**1 Colgate® Duraphat® Fluoride Varnish** has high adhesion properties, even on moist surfaces. A highly effective fluoride-rich layer is formed on the enamel, which is visible with an electron micrograph as layers of calcium fluoride globules.<sup>3</sup>

**2 Colgate® Duraphat® Fluoride Varnish** forms a film on the tooth surface, which builds a calcium-fluoride layer, providing progressive release of fluoride over several months. Fluoride inhibits demineralisation and promotes remineralisation of the tooth surface.<sup>4</sup>

To deliver the best outcome for you and your patients choose medically-licensed Duraphat® fluoride varnish from Colgate®, your partners in proactive prevention; supporting you, supporting smiles

### References:

1. Delivering better oral health - an evidence-based toolkit for prevention, PHE, 2014. 2. Marinho VCC, Worthington HV, Walsh T, Clarkson JE. Fluoride varnishes for preventing dental caries in children and adolescents. Cochrane Database of Systematic Reviews 2013, Issue 7. Art. No.:CD002279.DOI:10.1002/14651858. 3. Sound enamel fluoride uptake from professionally applied varnishes. Dental Product Testing Number 07-010, internal report, Colgate-Palmolive company. 4. Seppä L. Caries Res 1984; 18: 278-281.  
For prescribing information please see adjacent page.