

# toothpaste for calculus

**toothpaste for calculus** is a specialized dental product designed to help manage and reduce the formation of calculus, also known as tartar, on teeth. Calculus is a hardened form of plaque that can lead to various dental issues, including gum disease and cavities if not removed properly. This article delves into the properties of toothpaste formulated for calculus control, the ingredients that contribute to its effectiveness, and how to use it correctly for optimal oral health. Additionally, we will explore the importance of regular dental check-ups and professional cleanings in conjunction with the use of these toothpastes. This comprehensive guide will provide valuable insights for individuals seeking to maintain a healthier smile and prevent calculus buildup.

- Understanding Calculus and Its Formation
- Key Ingredients in Toothpaste for Calculus
- Best Practices for Using Toothpaste for Calculus
- Recommended Toothpaste Brands for Calculus Control
- The Importance of Regular Dental Care

## Understanding Calculus and Its Formation

Calculus, or tartar, is a mineralized plaque that forms on the teeth when plaque is not effectively removed. This process begins with the accumulation of food particles and bacteria on the tooth surface. If plaque is not cleaned away through regular brushing and flossing, it can harden within 24 to 72 hours, leading to the formation of calculus.

Calculus can develop above and below the gum line, making it more challenging to remove. It is often characterized by its rough texture, which can irritate the gums and lead to gingivitis. Understanding the factors that contribute to calculus formation is crucial for preventing its buildup. Some common factors include:

- Poor oral hygiene practices
- Diet high in sugars and carbohydrates
- Smoking and tobacco use
- Genetic predisposition to dental issues
- Salivary flow and composition

# Key Ingredients in Toothpaste for Calculus

Toothpaste designed for calculus control typically contains specific active ingredients that work to prevent plaque from mineralizing into tartar. These ingredients are carefully selected based on their efficacy in promoting oral health.

## Fluoride

Fluoride is a common ingredient in many toothpaste formulations. It helps to strengthen tooth enamel, making it more resistant to decay. While fluoride primarily targets cavities, its presence in calculus control toothpaste can indirectly help reduce plaque accumulation.

## Pyrophosphates

Pyrophosphates are chemical compounds that inhibit the crystallization of calcium phosphate, a key component in the formation of tartar. By preventing the hardening of plaque, pyrophosphates play a significant role in calculus prevention.

## Triclosan

Triclosan is an antibacterial agent that helps reduce plaque and gingivitis. Although its use has been debated, it remains an effective ingredient in some calculus control toothpastes, helping to combat the bacteria that contribute to plaque buildup.

## Other Natural Ingredients

Some toothpaste brands incorporate natural ingredients such as baking soda and essential oils. Baking soda mildly abrasively helps to scrub away plaque, while essential oils may provide additional antibacterial properties. The combination of these ingredients can enhance the effectiveness of toothpaste in preventing calculus.

## Best Practices for Using Toothpaste for Calculus

Using toothpaste specifically formulated for calculus control is only part of maintaining good oral hygiene. To maximize its benefits, consider the following best practices:

## Regular Brushing

Brush your teeth at least twice a day for two minutes each time. Use a soft-bristled toothbrush and ensure you clean all surfaces of your teeth, including the difficult-to-reach areas.

## Floss Daily

Daily flossing is crucial for removing plaque and food particles from between your teeth where your toothbrush may not reach. This practice is essential in preventing plaque buildup that can lead to calculus formation.

## Consider an Antimicrobial Mouthwash

Using an antimicrobial mouthwash can help reduce bacteria in your mouth, further assisting in the prevention of plaque buildup. Look for mouthwashes that contain chlorhexidine or cetylpyridinium chloride for effective results.

## Recommended Toothpaste Brands for Calculus Control

Several toothpaste brands have established themselves as effective options for calculus management. Here are some recommended brands:

- **Crest Pro-Health Advanced** - Contains pyrophosphates and fluoride for comprehensive plaque control.
- **Colgate Total** - Features triclosan for its antibacterial properties, helping to combat plaque formation.
- **Arm & Hammer Dental Care** - Enriched with baking soda, which provides gentle abrasion for plaque removal.
- **Parodontax** - Formulated for gum health, this toothpaste helps reduce bleeding and plaque.

When selecting a toothpaste, look for those labeled specifically for calculus control, as they contain the right combination of ingredients to help you manage tartar effectively.

# **The Importance of Regular Dental Care**

While using toothpaste for calculus is essential, it should not replace regular dental visits. Professional cleanings are crucial, as dental hygienists can remove calculus that has already formed, which toothpaste cannot achieve on its own. It is generally recommended to visit your dentist every six months for check-ups and cleanings.

In addition to cleanings, your dentist can provide personalized advice on managing your oral health, including the best products for your specific needs. They can also identify any early signs of gum disease or cavities, allowing for timely intervention.

Maintaining a consistent oral hygiene routine at home, combined with professional care, is vital for preventing calculus buildup and ensuring overall dental health.

## **Conclusion**

In summary, toothpaste for calculus plays a vital role in maintaining oral hygiene and preventing the formation of tartar. By understanding the nature of calculus, the key ingredients in toothpaste, and the best practices for oral care, individuals can effectively manage their dental health. Coupled with regular dental visits, the use of specialized toothpaste can lead to a healthier, brighter smile free from the adverse effects of calculus.

## **Q: What is calculus, and how does it form?**

A: Calculus, also known as tartar, is hardened plaque that develops when plaque is not removed from the teeth. It forms due to the mineralization of plaque within 24 to 72 hours if not cleaned away properly.

## **Q: How does toothpaste for calculus work?**

A: Toothpaste for calculus contains active ingredients such as pyrophosphates and fluoride that help prevent plaque from hardening into tartar. These ingredients work by inhibiting the mineralization process and promoting enamel strength.

## **Q: Can toothpaste remove existing calculus?**

A: No, toothpaste cannot remove existing calculus. It can help prevent further buildup but only professional dental cleanings can effectively remove hardened tartar from the teeth.

## **Q: How often should I use toothpaste for calculus?**

A: You should use toothpaste for calculus twice a day, as part of your regular oral hygiene routine, alongside brushing and flossing.

## **Q: Are there any side effects of using calculus control toothpaste?**

A: Most people do not experience side effects from using calculus control toothpaste. However, some individuals may be sensitive to certain ingredients. If you experience irritation, consult your dentist.

## **Q: Is it necessary to use toothpaste specifically for calculus?**

A: While not strictly necessary, using toothpaste formulated for calculus can significantly aid in preventing tartar buildup, especially for individuals prone to dental issues.

## **Q: What additional oral hygiene practices can help prevent calculus?**

A: In addition to using calculus control toothpaste, individuals should floss daily, use an antimicrobial mouthwash, and maintain regular dental check-ups for optimal oral health.

## **Q: Can natural toothpaste be effective for calculus control?**

A: Some natural toothpaste brands may contain effective ingredients for calculus control, such as baking soda. However, it is important to choose one that is specifically formulated for plaque and tartar prevention.

## **Q: How often should I visit the dentist if I use calculus control toothpaste?**

A: It is generally recommended to visit the dentist every six months for check-ups and professional cleanings, even if you are using calculus control toothpaste regularly.

## **Toothpaste For Calculus**

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**toothpaste for calculus: Toothpastes** C. van Loveren, 2013-06-28 With the mass-marketed introduction of fluoride in toothpaste in the 1950s, toothbrushing with paste became indispensable for good oral health. Both the industry and the dental profession had a shared interest in advocating the widespread correct use of good quality toothpaste. This publication starts with a general introduction on the purpose, history and composition of toothpaste. The following chapters deal with the clinical evidence of its effectiveness in caries prevention, reducing and preventing plaque, gingivitis, halitosis, and calculus formation, facilitating removal and prevention of extrinsic stain, and preventing dentine hypersensitivity and erosion. Later chapters provide valuable information on the abrasiveness of the pastes, the substantivity of active ingredients in the oral cavity and the possible models to study the effectiveness of the pastes when full-scale clinical trials are not possible. The final chapter focuses on the frequency of toothbrushing and post-brushing rinsing behavior. The book provides indispensable information for dentists, dental students and community dental programs on whether toothpastes can be recommended to patients for specific aims and how to use them to obtain the best effect.

**toothpaste for calculus: Periodontology for the Dental Hygienist - E-Book** Dorothy A. Perry, Phyllis L. Beemsterboer, Gwendolyn Essex, 2015-06-15 - Updated content focuses on hot topics including the ever-increasing link between oral and systemic health, the link between physical fitness and periodontal health, caries detection, the use of lasers, collaboration with orthodontists in the use of temporary anchorage devices (TADs), dental implants, and drug therapies. - NEW content on prognosis includes information on the effectiveness of periodontal therapy, bringing together the data supporting maintenance therapy for prevention of tooth loss and attachment loss. - NEW! Clinical Considerations boxes demonstrate how theories, facts, and research relate to everyday practice. - NEW! Dental Hygiene Considerations at the end of each chapter summarize key clinical content with a bulleted list of take-away points. - Expanded student resources on the Evolve companion website include clinical case studies, practice quizzes, flashcards, and image identification exercises.

**toothpaste for calculus: Toothpaste Hidden Facts** Kaia Stonebrook, AI, 2025-02-27 Toothpaste Hidden Facts reveals the surprising history and science behind this everyday essential, exploring its evolution from ancient practices to modern dental care. The book highlights how the seemingly simple act of brushing connects us to millennia of innovation, from early concoctions using abrasive materials to today's scientifically advanced formulas. Readers will discover the origins and functions of common ingredients like fluoride and various abrasives, understanding how they impact oral health. The book explores how cultural practices, scientific discoveries, and strategic marketing have shaped toothpaste's development. Beginning with the fundamentals of oral hygiene, it progresses through the chemical properties of ingredients, a historical timeline spanning ancient civilizations to the present, and an analysis of marketing's influence on consumer preferences. This approach provides a comprehensive view, emphasizing that toothpaste is not merely a commodity but a reflection of scientific progress and societal values. By examining archaeological findings, historical texts, scientific studies, and even patents and advertisements, the book offers unique insights. It connects toothpaste to broader fields like chemistry, archaeology, and consumer culture, making it valuable for anyone interested in history, science, or personal care. Ultimately, it empowers readers to make informed choices about their oral health by understanding the hidden facts behind this familiar product.

**toothpaste for calculus: Fundamentals of Periodontology and Oral Implantology - EBook** Dilip Gopinath Nayak, Ashita Uppoor, Kolte Abhay, 2021-09-04 - Extensively revised with the most recent advances in periodontology and implantology - Case based scenarios are provided at the end of relevant chapters for application of clinical knowledge gained from the chapters - Important Key Points are summarized at the end of each chapter for quick revision - Presented in a student-friendly format with more line diagrams, high quality clinical pictures, radiographs, tables, flowcharts and boxes for better understanding of the subject - Emphasizes on understanding the clinical phenomena

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**toothpaste for calculus: Burt and Eklund's Dentistry, Dental Practice, and the Community - E-Book** Amer Assoc of Public Health Dentistry, 2020-03-22 Learn about the challenges, current trends, and the positive role that you can play in improving the dental health of the community. Completely revised and updated by members of the American Association of Public Health Dentistry, Burt and Eklund's Dentistry, Dental Practice, and the Community, 7th Edition presents dentistry and dental practice against the ever-changing backdrop of economic, technological, and demographic trends, as well as the distribution of the oral diseases that dental professionals treat and prevent. Readers will learn the latest techniques of research and measurement, and how oral disease may be limited through control and prevention. This updated text also addresses the new educational competencies for predoctoral/ post-doctoral dental students and dental hygiene students with updated and new content on cultural competency, oral health literacy, social responsibility, motivational interviewing, and oral systemic associations. All in all, this text takes a comprehensive look at the social context of dental care and the difference you can make in improving the health of the community you serve. - Logical four-part organization divides content into dentistry and the community; dental care delivery; methods and measurement of oral diseases and conditions; and health promotion and prevention of oral diseases. - A focus on need-to-know content emphasizes the important core information while providing comprehensive coverage of dental public health. - Comprehensive analysis of dentistry's social and professional role examines issues such as epidemiology of oral diseases, prevention, and the provision of care. - Evidence-based recommendations reflect the latest literature on today's public health issues. - Illustrations, tables, and graphics illustrate the key material and visually enhance discussions. - NEW! Completely revised and updated content looks at populations oral health and dental care as well as how it fits into a changing world. - NEW! Coverage of new educational competencies provides predoctoral/ post-doctoral dental students and dental hygiene students with updated and new content on cultural competency, oral health literacy, social responsibility, motivational interviewing, and oral systemic associations. - NEW! New chapters cover the applications of epidemiology and biostatistics in dental public health, oral health as it related to quality of life, oral health education, health literacy, social determinants of health and health disparities, and delivery of oral healthcare in Canada. - NEW! Newly revised competencies for the Dental Public Health specialty are incorporated throughout the book.

**toothpaste for calculus: Official Gazette of the United States Patent and Trademark Office** , 1994

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**toothpaste for calculus: Dental Hygiene - E-Book** Margaret Walsh, Michele Leonardi Darby, 2014-04-15 Emphasizing evidence-based research and clinical competencies, Dental Hygiene: Theory and Practice, 4th Edition, provides easy-to-understand coverage of the dental hygienist's roles and responsibilities in today's practice. It offers a clear approach to science and theory, a step-by-step guide to core dental hygiene procedures, and realistic scenarios to help you develop skills in decision-making. New chapters and content focus on evidence-based practice, palliative care, professional issues, and the electronic health record. Written by Michele Leonardi Darby, Margaret M. Walsh, and a veritable Who's Who of expert contributors, Dental Hygiene follows the Human Needs Conceptual Model with a focus on client-centered care that takes the entire person into consideration. UNIQUE! Human Needs Conceptual Model framework follows Maslow's human needs theory, helping hygienists treat the whole patient — not just specific diseases. Comprehensive coverage addresses the need-to-know issues in dental hygiene — from the rationale behind the need for dental hygiene care through assessment, diagnosis, care planning, implementation, pain and anxiety control, the care of individuals with special needs, and practice management. Step-by-step procedure boxes list the equipment required and the steps involved in performing key procedures. Rationales for the steps are provided in printable PDFs online. Critical Thinking exercises and Scenario boxes encourage application and problem solving, and help prepare students for the case-based portion of the NBDHE. Client Education boxes list teaching points that the dental hygienist may use to educate clients on at-home daily oral health care. High-quality and robust art program includes full-color illustrations and clinical photographs as well as radiographs to show anatomy, complex clinical procedures, and modern equipment. Legal, Ethical, and Safety Issues boxes address issues related to risk prevention and management. Expert authors Michele Darby and Margaret Walsh lead a team of international contributors consisting of leading dental hygiene instructors, researchers, and practitioners. NEW chapters on evidence-based practice, the development of a professional portfolio, and palliative care provide research-based findings and practical application of topics of interest in modern dental hygiene care. NEW content addresses the latest research and best practices in attaining clinical competency, including nutrition and community health guidelines, nonsurgical periodontal therapy, digital imaging, local anesthesia administration, pharmacology, infection control, and the use of the electronic health record (EHR) within dental hygiene practice. NEW photographs and illustrations show new guidelines and equipment, as well as emerging issues and trends. NEW! Companion product includes more than 50 dental hygiene procedures videos in areas such as periodontal instrumentation, local anesthesia administration, dental materials manipulation, common preventive care, and more. Sold separately.



**toothpaste for calculus: Pathology of the Hard Dental Tissues** Albert Schuurs, 2012-09-27

This is a seminal text uniquely dedicated to oral hard tissue pathology, presenting the growth of clinical knowledge and advancement in the field in recent years. Starting with a discussion of numerical and formative anomalies and unusual eruption, the book goes on to consider caries, erosion, resorption and toothwear, as well as tooth fractures and discolouration, and ends with a chapter on congenital syndromes with dental anomalies. Pathology of the Hard Dental Tissues is an invaluable reference for specialist practitioners and researchers as well as dental students, combining a scholarly overview of the field with clinical management protocols. Includes prevention techniques as well as treatment regimes. Contains many colour clinical photographs. Accompanied by a large number of references. Provides helpful tables to categorise the causes and characteristics of lesions. Written by a leading expert in the field.

**toothpaste for calculus: Basic Guide to Oral Health Education and Promotion** Ann

Felton, Alison Chapman, Simon H. Felton, 2013-07-03 The Basic Guide to Oral Health Education and Promotion is the step by step course companion for dental nurses studying for the Certificate in Oral Health Education. In addition it is an invaluable resource for other members of the dental team and health professionals involved in educating and promoting oral health to patients and the wider general public. Each chapter looks at a different aspect of oral health education and promotion in line with the NEBDN syllabus, yet is written in logical sequence for the benefit of those not studying the exam and those in professions other than dental nursing. Topics covered include dental structures, anatomy and physiology, oral diseases and prevention, the principles of education, oral health and society, promoting oral health in the 21st century, patient communication, project planning and workplace assignments.

**toothpaste for calculus: Calcium Phosphates in Biological and Industrial Systems** Zahid

Amjad, 2013-11-27 Calcium Phosphates in Biological and Industrial Systems provides a comprehensive discussion on calcium phosphates in the diverse areas of their applications. The authors are all respected specialists in their particular fields, possessing wide knowledge and experience and able to analyze recent results and relate them to their respective areas of expertise. New information, as well as a review of current concepts, highlights the individual contributions. Due to the broad scope of the subject covered and the large number of contributions, this book is divided into three parts. Whilst each section contains a basic theme, there is a considerable overlapping of ideas and approaches. This reflects the excitement and interdisciplinary nature of investigations by researchers interested in dissimilar aspects of calcium phosphates. Considering the general interest in calcium phosphates, Calcium Phosphates in Biological and Industrial Systems is directed at an audience of researchers in the fields of biology, chemistry, dentistry, geology, chemical engineering, environmental engineering, and medicine. It will also be useful to technology-focused researchers in industry whose investigations might be related directly or indirectly to calcium phosphates.

**toothpaste for calculus: Kirk-Othmer Chemical Technology of Cosmetics** Kirk-Othmer,

2012-11-27 Educating professionals and students about the chemistry, formulation technology, and related regulatory aspects of cosmetics and perfume. Cosmetics and perfume comprise a multibillion-dollar global industry. Kirk-Othmer Chemical Technology of Cosmetics provides authoritative information on the substances and processes involved, including key product groups, ingredients, formulation technology, packaging, and regulatory topics in twenty-two articles. This resource makes sense of a vast group of consumer products designed to improve the health, cleanliness, and physical appearance of the human exterior. It identifies natural and synthetic ingredients and gives details on formulation of the product so that the cosmetic is safe, easy to use, and performs as described. Particular attention is paid to the technologies that have been developed to produce them, including emulsification, stick technology, powder blending, and aerosol technology. Packaging is also addressed, as it must be attractive to the consumer, be environmentally friendly, and keep the product safe as well. Regulatory information reinforces the safety aspect. Based on Wiley's renowned Kirk-Othmer Encyclopedia of Chemical Technology, this

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**toothpaste for calculus:** Journal of Periodontology , 1974

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convenient and authoritative quick reference for drugs relevant to clinical dentistry Clinical Dental Pharmacology delivers an essential reference for dental practitioners seeking quick, easy access to current and accurate information about drugs used by dentists in clinical practice. The book covers common drugs prescribed by dental practitioners as well as systemic medications which may impact on provision of clinical dental care. A separate section on recognition and management common medical emergencies in dental practice is also included. Readers will find relevant material covering the indications, pharmacodynamics, pharmacokinetics, routes of administration, dosage, preparations, side effects, cautions, and contraindications of a host of relevant drugs. The text is accompanied by images designed to facilitate a visual understanding of key concepts and is organized by drug class, making information easy to find. It is an indispensable resource designed to avoid potentially serious complications arising from the combination of dental care and drugs. The readers are signposted to professional guidelines from a variety of online sources to facilitate access to evidence-based and reliable information on each topic covered in the book. Clinical Dental Pharmacology readers will also benefit from: Comprehensive coverage of drugs used in clinical dental practice Discussions of a variety of classes of drugs, including analgesics, anti-inflammatories, local anesthetics, antimicrobials, and topical agents Online resources for each chapter to aid in patient education Clinical Dental Pharmacology is written by team of experienced clinical dental academics and is ideal for dental students and as a reference for practicing dental clinicians.

**toothpaste for calculus:** Newman and Carranza's Clinical Periodontology for the Dental Hygienist Michael G. Newman, Gwendolyn Essex, Lory Laughter, Satheesh Elangovan, 2020-03-24  
\*\*Textbook and Academic Authors Association (TAA) Most Promising New Textbook Award Winner, 2024\*\*The complete health-focused approach makes this a must-have instructional resource to support you throughout your Dental Hygiene educational program and beyond. Based on the trusted content in Newman and Carranza's Clinical Periodontology, the most widely used periodontal textbook in the world, this resource provides the most up-to-date, complete, and essential information. The broad range of content covers everything from the biology of the periodontium - how it's structured and the functions it serves, the new classification of periodontal disease, the link between periodontal disease and systemic health, and more. An extensive clinical section contains a complete guide to everything from procedure instrumentation to patient management at the point of care. Full color photos, illustrations, radiographs show how to perform periodontal procedures. Case based practice questions and skill evaluation checklists promote board-exam readiness. The clear instruction and health-focused approach provides support throughout the Dental Hygiene program and beyond. - Online student and educator support on Evolve. - Dental hygiene emphasis and relevance provides solid foundational content. - Comprehensive topic coverage focuses on the translation of the science to evidence-based practice and clinical decision making. - Extensive full-color photos and illustrations clearly demonstrate core concepts and reinforce important principles. - Case-based clinical scenarios incorporated throughout the book mimic the patient case format used in credentialing exams. - Many new and important chapters on periimplantitis, resolving inflammation, evidence-based decision making, and critical thinking. - Robust art program of clinical images, charts, graphs, and unique illustrations enhances engagement. - The most complete atlas of periodontal pathology ever offered for the dental hygienist. - Key information and highlights presented as call out boxes.

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2012-12-06 Cosmetic Science has developed greatly since the publication of the 8th edition of this textbook in 1974. Although the first part of this volume still consists of chapters about product preparations in alphabetical order, each product category has been revised and updated by a specialist. An outline of the biology, structure and function of skin, hair, teeth and nails and the reasons for the need for cosmetics are given in those dealing with the relevant preparations. Throughout, the word Cosmetics includes toiletries and thus all products which protect, cleanse, adorn, and perfume the human body, and combat body odour and perspiration. The 'f' spelling for the element 'sulfur' and its derivatives has been used following the recommendations of the International Union of Pure and Applied Chemistry (IUPAC) and the decision taken by the Royal Society of Chemistry (RSC) and the British Standards Institute (BSI) to use 'f' instead of 'ph' in all their publications. This stems from the derivation of the use of the 'f' from Latin and its use in England until the 15th century.

**toothpaste for calculus:** *Chemistry and Technology of the Cosmetics and Toiletries Industry* S.D. Williams, W.H. Schmitt, 2012-12-06 This second edition has been designed to monitor the progress in development over the past few years and to build on the information given in the first edition. It has been extensively revised and updated. My thanks go to all who have contributed to this work. D.F.W. May 1996 Preface to the first edition This book is the result of a group of development scientists feeling that there was an urgent need for a reference work that would assist chemists in understanding the science involved in the development of new products. The approach is to inform in a way that allows and encourages the reader to develop his or her own creativity in working with marketing colleagues on the introduction of new products. Organised on a product category basis, emphasis is placed on formulation, selection of raw materials, and the technology of producing the products discussed. Performance considerations, safety, product liability and all aspects of quality are covered. Regulations governing the production and sale of cosmetic products internationally are described, and sources for updated information provided. Throughout the book, reference is made to consumer pressure and environmental issues-concerns which the development scientist and his or her marketing counterpart ignore at their own, and their employer's peril. In recent years, many cosmetic fragrances and toiletry products have been converted from aerosols to mechanically pressurised products or sprays, and these are described along with foam products such as hair conditioning mousses.

**toothpaste for calculus:** *Clinical Men's Health E-Book* Joel J. Heidelbaugh, 2007-10-22 Here's the first evidence-based guide to focus solely on the various health conditions that unequally affect men. This text provides a biopsychosocial approach to diseases and disorders of male patients from birth through infancy, childhood, and adolescence, and from early through late adulthood. Replete with current evidence-based guidelines to facilitate clinical decision-making, the framework of each chapter builds upon epidemiological data centered on men. Special attention is given to the circumstances that influence men to either seek or not seek routine medical care. Provides a general overview of the construct of men's health, detailing the organization of preventive healthcare in men, diagnostic bias in men's healthcare, gender disparities on a global level, and the hesitancy of men to seek help. Focuses on pertinent medical disorders and biopsychosocial issues in the developing male from infancy through school-age to adolescence. Highlights a comprehensive review of common system-based disease conditions that unequally impact adult men through an evidence-based approach. Examines special concerns of adolescent and adult males including lifestyle risks, suicide, nutrition, stress, exercise and fitness, integrative medicine, cosmetic plastic surgery, cancer, and end of life issues. Summarizes clinical care guidelines for special populations of men including athletes, executives, prisoners, homosexuals, and transgendered men. Authored by leaders from numerous subspecialties, for well-rounded perspectives on many clinical problems.

**toothpaste for calculus:** *A Clinical Guide to Applied Dental Materials E-Book* Stephen J. Bonsor, Gavin Pearson, 2012-11-21 A new textbook on the practical use of dental materials suitable for undergraduate dental students and qualified dental practitioners taking post-graduate exams in dental materials, restorative dentistry, operative techniques, advanced conservative dentistry,

endodontics, removable prosthodontics and implantology. - Highly practical and evidenced-based throughout - closing the gap between theory and practice to give readers confidence in selecting and preparing the right material for the patient and circumstance - Amply illustrated in full colour with over 1000 photographs, artworks and tables to clearly demonstrate both materials and techniques - Helps readers appreciate the important relationship between clinical manipulation and the practical use of dental materials - Describes how to properly select a given material for any situation, how to use materials to best effect and when and how not to use them - 'Good practice' and 'Warning' boxes help readers recall important information - Uniquely written by a practising dentist with academic experience and an academic in biomaterials with extensive clinical experience - Self-assessment questions with full answers helps readers consolidate learning and prepare for exams - Designed to improve clinical success and improve patient outcomes - Perfect for all undergraduate and postgraduate students studying dental material science and/or restorative dentistry

**toothpaste for calculus: Foundations of Periodontics for the Dental Hygienist with Navigate Advantage Access** Jill S. Gehrig, Daniel E. Shin, 2023-07-27 Gehrig, Foundations of Periodontics for the Dental Hygienist, 6e prepares students for a successful career as a dental hygienist by providing the learner with a foundational understanding of periodontitis focusing the hygienist's role in periodontics dental hygiene students with up-to-date, evidence-based coverage of periodontal anatomy, the periodontal disease process, and classifications of periodontal disease and in a format that is easy to read, understand, and reference--

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