

BottomLine health

WELLNESS STRATEGIES FROM THE WORLD'S LEADING MEDICAL EXPERTS

**BOOST
YOUR ENERGY!**
Here's how...p. 11

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ask the
experts

BEST BRUSH FOR RECEDING GUMS

I have receding gums. What causes this, and should I use an electric or bristle toothbrush?

Gums recede when tissue covering the teeth's supportive structure (roots and bone) is lost. When this occurs, more of your teeth's surfaces become visible and/or increasingly sensitive to extreme temperatures. This can be a response to chronic inflammation, infection, irritation or trauma. Using dental products, such as hard toothbrushes that brush away the gums or overly abrasive toothpastes that erode tooth structure, often leads to receding gums.

To protect your gums: Use a soft-bristle toothbrush and a nonabrasive traditional fluoride toothpaste without harsh additives (I recommend Colgate or Crest without whitening). *Even better:* An electric toothbrush (which has been shown to clean more effectively and apply less force to teeth than manual toothbrushes). Brush two to three times daily, floss regularly and have a checkup with your dentist every six months.

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