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## Which Toothpastes Are The Best?



Having good oral care is important for the care of the rest of your body. Many people may not know this, but if you have poor oral health, other areas of your body are affected, like your bones, your brain, and your heart. Brushing and flossing your teeth daily are an excellent way in making sure you stay on top of your oral health, but a lot of

people may be confused as to which toothpastes are the best for them. The **doctors** at **El Reno Family Dentistry** are dedicated to making sure their patients stay as informed as possible, even down to the types of toothpastes they use in order to achieve excellent oral health.

One of the most important things to keep in mind when choosing a toothpaste is making sure the toothpaste contains fluoride. Fluoride is a natural mineral that has been shown to significantly decrease the odds of tooth decay over the past fifty years. The bacteria in your mouth thrive on the leftover sugars and starches that reside in your smile after eating, and fluoride helps fight against the acid released when that happens. Fluoride is a key component in strengthening your tooth enamel, and it can reverse the early stages of damage caused by acid by replenishing minerals your smile.

Another important thing to keep in mind when choosing a toothpaste is to find one that controls tartar. Tartar is hardened plaque, a bacterial layer. If tartar is not removed promptly and properly, it has the potential to lead to gum disease. Also, some tartar control toothpastes contain triclosan, an antibiotic that kills some of the bacteria in your mouth. It is also important to keep in mind finding a toothpaste that's ADA approved. This way, you know the toothpaste is safe, effective, and contains fluoride!

If you'd like to set up an appointment, [call us](#) today at **El Reno Family Dentistry**. Our office is located in **El Reno** and serves patients from **El Reno, Yukon, Minco, Calumet, Hinton**, and other communities in the **Canadian County**.