



## Adult Patient Education: ACT for a Healthy Mouth

### A Healthy Mouth Starts in 60 Seconds

#### The Dentist's Choice

Three out of four dentists recommend that their patients use a fluoride rinse for cavity prevention.<sup>1</sup> And out of all fluoride mouth rinses, ACT® is the #1 Dentist Recommended Brand.<sup>2</sup> ACT Anticavity Fluoride Rinse and ACT Restoring Mouthwash are clinically proven to strengthen teeth and prevent tooth decay for both adults and children.

#### Now is the Time to ACT®

Just as it is vitally important to instill good oral health habits in kids so that they grow up with strong, healthy teeth, adults also need fluoride to help prevent cavities. As people age, their gums will often recede, exposing the vulnerable roots of teeth. This area of the tooth is not protected by hard enamel, and is especially susceptible to dental decay, which can lead to tooth loss in severe cases. In fact, more than two-thirds of adults age 35 to 44 have lost at least one permanent tooth due to cavities, and older adults suffer from the problem of root caries.<sup>3</sup>

#### Dry Mouth and Tooth Decay

Dry mouth is another malady encountered by many adults. Medications and certain other conditions can reduce the amount of beneficial saliva produced by your body, which may result in an uncomfortable condition known as Xerostomia. If ignored, it can lead to bad breath and oral discomfort and, in some cases, may lead to infection or extensive tooth decay. Dentists often recommend that patients with dry mouth who are prone to developing cavities use an alcohol-free fluoride rinse, such as ACT Anticavity Fluoride Rinse, as part of a comprehensive program to help protect against tooth decay and dry mouth.

#### The Sixty-Second Solution

If these facts seem a bit alarming, you needn't worry – rinsing is one of the fastest and easiest ways to help keep your teeth healthy and strong. Used daily along with brushing and flossing, ACT Anticavity Fluoride Rinse can deliver tooth-strengthening fluoride to all of the surfaces of your teeth in order to help prevent cavities, strengthen tooth enamel and protect the roots of teeth. That's why ACT is the #1 Dentist Recommended Brand\*.

Visit [actfluoride.com](http://actfluoride.com) for more information on the important role that fluoride plays in maintaining a healthy smile.



[www.actfluoride.com](http://www.actfluoride.com)

- <sup>1</sup> Oral Care Product Usage and Recommendations, Bruno and Ridgway Research Associates, Inc.
- <sup>2</sup> Oral Care Product Usage and Recommendations, Bruno and Ridgway Research Associates, Inc.
- <sup>3</sup> National Institutes of Health, U.S. Department of Health & Human Services, 'Diagnosis and Management of Dental Caries Throughout Life,' Vol. 18, Number 1, March 2001.