

## Question and Answers

### CariFree Co-op Webinar with Dr. Kim Kutsch

3-23-2021

**1. Can I get a copy of the PowerPoint slides and CRA Form?**

Dr. Kutsch's slides and CRA Form can be found [HERE](#).

**2. Does Nexium change pH in the mouth?**

There is no research on that specific topic, it does contribute to dry mouth.

**3. Is there a coaching course recommended?**

Feroshia Knight's [Coach Training World](#) in Portland, Oregon.

**4. How about arginine? Has that been studied?**

Yes, it has been studied and shows promise from an ecological standpoint.

**5. Is CariFree something we can get for our patients as a take home prescription to give at their appointment?**

Yes, the [CTx4 Gel 5000](#) is sold to patients in dental offices.

**6. Where can we find more information about CariFree?**

[Click HERE](#) to request a webinar and free samples, or call us at 866.928.4445. We would be happy to get you more information.

**7. What was the name of the sodium hypochlorite rinse?**

[CTx4 Treatment Rinse](#).

**8. What cause the black colors on these teeth?**

The silver oxidizes and that is black.

**9. MI Paste has casein protein, does your research support alternative nano HA application?**

Yes, and the research shows casein should not be used instead of fluoride or nano-HA, both the research supports this and the ADA Council of Scientific Affairs specifically recommended against MI Paste.

**10. MI Paste seems to help my high caries risk patients, what are your thoughts about it?**

The ADA Council of Scientific Affairs specifically recommended against it based on the research.

**11. What is the research/contraindication for CPP ACP products?**

It doesn't remineralize as well as fluoride or nano-HA, can be used as an adjunct but not a replacement.

**12. What age can probiotic milk be consumed?**

At any age.

**13. Any evidence that a high blood sugar can decrease pH of saliva?**

Yes, there is a published study that indicates hypertension does lead to reduced salivary pH and increased viscosity. Mohiti A, et al 2019

**14. Can water fluoridation cause fluorosis?**

Absolutely, at 1ppm now with the broad exposure to fluoride, that's why we've reduced the fluoridate water to 0.75ppm.

**15. Does the sugars include fruits and natural sugars? Carbs?**

Yes, includes total sugar intake.

**16. What were the number of teaspoons of sugar in the 2 baggies? I am going to make those. :)**

The equivalent of 23 tsp is what the average American consumes daily. It is only recommended to have 2/3 of a tsp per day.

**17. A more "sticky" saliva on some patients seems to have more caries or perio issues. Is this hereditary? Does drinking more water make any change in consistency?**

Sticky saliva may be more associated with less overall salivary flow, which would increase risk of caries. Could well be hereditary.

**18. Would you say that Alkaline water is beneficial to help prevent caries?**

When drinking bottled water, it is recommended to find one that is pH neutral or pH elevated.

**19. Do you think sipping on sugar free water enhancer all day increases risk for caries?**

It depends on the ingredients of the water enhancer and how it changes the pH level of the water.

**20. Does the Silver Diamine leave the tooth permanently black or after it works does the tooth go back to normal range color?**

The tooth will stay black but the active carious lesion will be arrested. It leaves it permanently black until restored or exfoliated.

**21. I was taking notes and missed slide before Phil Marsh, what was the summary of it?**

To best answer your question, we recommend replaying the recorded version of the webinar. You can skip forward to the specific slide you missed. One slide was referencing needing to look at caries as a whole person disease, the other slide (2 Marsh slides) was a summary of diet and biofilm plus saliva should net neutral pH.

**22. How helpful is ACT mouthwash in caries control?**

ACT Total Care rinse is at a pH of 6.34. It is only recommended to use pH elevated products (products above a pH of 7.4).

**23. What is Nano-HA?**

Nano hydroxyapatite is the crystalline form of calcium and phosphate found in bone tissue as well as supersaturated in saliva. Nano-HA is part of the bodies natural process for repairing enamel. CariFree includes it in the products because nano HA in a 20 nm particle size is the most bioavailable form of calcium and phosphate. All 3 versions of the CariFree Gels have Nano HA to aid in remineralization.

**24. Is it true that if a child is not exposed to cariogenic bacteria prior to 2 years old, they will have a less likelihood to have caries in the future?**

You could extrapolate that from the research that indicates if they are exposed they will have a higher caries risk in the future.

**25. Will you do a class on silver diamine for more detailed use?**

We will add this topic to the list of future topics. Thanks for the suggestion!

**26. Our dentist found interprox caries only on lower anterior. You mentioned that it could do to with genetics/behavioral. Would you explain a bit about it?**

That condition is a polymorphism on the LZYL2 gene with influences lysozyme production, a protective bacteriolitic enzyme.

**27. What's the best water in your professional opinion to recommend?**

It is best to test the pH of bottled water before drinking, and it should be above a pH of 7/8. Tap water (either filtered or not) is typically the safest to recommend. Many bottled waters now list the pH on their label.

**28. If I'm sipping on tea with a bit of cream and stevia what is the risk?**

Most tea is acidic and sipping on it for long periods of time will put you at higher risk. We recommend choosing a tea that has a neutral pH and drinking it within 30-60 minutes with a meal.

**29. What about Biotene? Does that help with dry mouth and reducing caries?**

Patients most often find dry mouth relief with the [CariFree CTx2 Spray](#). The product has a pH of 8, contains xylitol and is glycerin-based.

**30. Is this webinar available to share with my office?**

[Click HERE](#) for the recorded webinar.

**31. Do decaffeinated beverages have a low ph?**

It depends on what specific beverage/brand you are referencing but generally, most beverages (other than tap water) are acidic in nature.

**32. Should a patient take home a 3-month supply? Is there a recommendation for kits to the patients?**

Yes, we would recommend a patient take home a 3-month supply if they are ready. The [CTx36 Kit](#) is the one designed for high caries risk patients. It contains the [CTx4 Treatment Rinse](#) and [CTx4 Gel 5000](#).

**33. I would like to receive a copy of the *Why Me?* book, how do I do that?**

You can find the book [HERE](#), or call us at 866.928.4445.