

## IS YOUR MOUTHWASH DOING MORE GOOD THAN HARM?

According to a report published in the Dental Journal of Australia, there was 'sufficient evidence' linking breath-freshening products containing alcohol with a higher risk of disease.

Not only does alcohol seem to make the mouth's cells more vulnerable to cancer-causing agents, but its first breakdown product is acetaldehyde, a known human carcinogen.

While alcohol is mostly metabolised in the liver, the breakdown process actually begins in the mouth, so some dental researchers are recommending that such products should be available only on prescription for short-term use. Alcohol is added to mouthwash not to destroy bacteria but to act as a carrier agent for essential active ingredients such as menthol, eucalyptol and thymol which help to penetrate plaque.

But if the amount of alcohol is high, it could do more harm than good.

Don't worry, we'll give you the best advice on which product to use safely.

**The truth, no tooth fairies.**

