

EP. 5

A Holistic Approach

Fluoride: "It's poison, it's the worst thing you can do"

A neurotoxin at high constant levels, but so is your cell phone and living in a brick home. Everything we have that is naturally occurring can be toxic at certain levels. This is why we have guidelines that have been given by the ADA and FDA to tell us which levels are safe for human consumption. Fluoride is topical and is not given systemically. Help patients understand the delivery is part of what makes it safe for them. Make this part of your standard of care.

Some Alternatives:

1. MI Paste (does contain milk, so make sure patients are aware)- considered holistic, but requires patient compliance. They will need to take the product home and use it as recommended.
2. Perioscience- some say it is holistic, some say it is not. Do your research as a team to feel confident in your alternatives.
3. Tooth & Gum Tonic- Do your research as a team to feel confident in your alternatives.

Essential Oils in Dentistry:

A lot of medicines today are derivatives of plants, which is where essential oils come from.

Ex: Listerine- before it was a mouthwash, it was an antiseptic for surgical instruments. The additive in Listerine is peppermint oil. It isn't the alcohol that kills the bacteria. The peppermint oil is what has natural antibacterial and antimicrobials.

There are essential oils that do have healing properties. So, don't completely shut the door saying they don't work. Are they the best case? Maybe not. But, sometimes it is better than nothing.

What does the patient value?

How can we use that to get them on board to understand why they need what we are recommending. Sit down as a team, hygiene and doctors, to understand the trends and beliefs of patients in your area. Whether you believe in it or not, like cannabis oil for example, you need to be aware there are people who do. Be educated. Be open minded. Even if you don't believe it, allow your patient to speak their opinion without judgement or devaluing what they believe in. They will be more willing to hear your side or alternatives. Give them validation and reeducate them so they can make their decision.

Example:

"Absolutely, you are right. It is a neurotoxin at extreme high levels. However, this is not systemic, this is placed in a specific area, so it does not go into your whole body. The FDA and the ADA would not allow a product that would form neurotoxicity, so there are more pros than cons. However, if you still choose not to move forward with fluoride, here are your alternatives. . ."

How Do You Educate?:

When Patients Are Looking to Social Media, Magazines, or Google For Education:

You are the expert. You are the professionals. Know what is out there and know how to speak about it. What are you hearing? Find out the most common questions as a team, so you have a consistent response. Don't only look at what we have in Dentistry. Look at all of the data and broaden your research to know all sides. You don't have to pick one side.

Steps Moving Forward:

1. Be knowledgeable of holistic alternatives.
2. Be aware that patients may ask you questions.
3. Be firm in understanding your beliefs while recognizing theirs.
4. Give them an alternative if they tell you no.
5. Be okay with them still saying no.