

FREQUENTLY ASKED QUESTIONS

Can **healthymouth™** be used to treat established disease.

healthymouth™ is listed as a health and beauty aid. It is not a medicine, has no DIN and makes no claim of being a treatment for any medical condition. Rather, it is intended and should only ever be recommended as an aid in daily plaque control. This will help in maintaining good oral hygiene and health of the oral tissues after and between regular professional dental assessments and treatments.

healthymouth™ should not be looked upon or suggested as treatment for established dental disease or as a monotherapy. It should not be viewed or offered as an alternative for proper professional oral care.

The evidence (from the multiple clinical trials) is that using **healthymouth™** results in a reduction of plaque accumulation (compared to controls) when starting with a clean tooth model. In other words, the subjects entered the test period immediately following a thorough oral hygiene procedure and so the experiment was designed to determine if **healthymouth™** would prevent/reduce/delay the accumulation of plaque when starting with a clean slate. There has been no research on the effect of starting **healthymouth™** in a patient with dirty teeth and/or clinical dental disease. No research = no credible evidence = no claim made.

This is actually one of the big pluses with **healthymouth™** that got my attention. Many products in this category make specific but unsubstantiated claims that they offer an alternative to “dangerous” and “expensive” anaesthetized care. In so doing, they undermine our efforts at client education regarding proper dental care for pets and so I view most water/food additives as worse than useless.

Karen Albert states very clearly in all of her client education materials (print, DVD, website), that **healthymouth™** is one component of a comprehensive oral care program that includes annual veterinary dental assessment and

treatment, plaque retardant diets, appropriate chew treats and tooth brushing.

While I am on this subject, I want to mention that dental disease (periodontal disease, endodontic disease, tooth resorption...) cannot be accurately assessed without full general anaesthetic and without intra-oral dental radiographs. Below is a clinical photograph of a right lower 1st molar tooth in a dog. The molar and the surrounding tissues look great. No calculus, very little plaque, no gingival inflammation or recession, no swelling – nothing to indicate that this tooth is causing the patient pain and suffering.

The radiograph was taken on the same day:



Here we see a periodontal pocket completely encompassing the distal root of the tooth (end-stage and chronic periodontal disease). As well, infection has entered the pulp chamber through the apical delta of the distal root to cause a septic pulp necrosis. The sepsis has then extended

through the apical delta of the mesial root to cause bone loss there as well (chronic endodontic disease). All this in a tooth that looked clinically wonderful. I see examples like this several times a week. For more on this, you might read

www.toothvet.ca/PDFfiles/perio_hidden.pdf.

The proper way to incorporate home care is covered in this paper on my web site: www.toothvet.ca/PDFfiles/HomeCarePack.pdf.

What place does **healthymouthTM have in the management of Feline Chronic Gingivostomatitis?**

Before answering that question, I would request that you review the following (long) paper from my website:

<http://www.toothvet.ca/PDFfiles/fcgs.pdf>.

Now, having read that paper, you understand that for these poor cats, simple, conservative measures are just not going to do the trick. It would be wonderful if we had a product that would shut down the inflammation and reverse/repair all of the tissue destruction. Such a product does not exist. Even powerful drugs such as cyclosporine and feline omega interferon are only indicated for cases AFTER whole-mouth extraction has failed to bring resolution of symptoms.

I see value in using **healthymouth**TM after whole mouth extraction during the healing and recovery phase and in trying it for cats with residual inflammation following whole-mouth extraction. I do not see using **healthymouth**TM instead of whole mouth extraction as appropriate. I would also see value in starting the water additive a few weeks prior to surgery so that the patient is already used to it and can continue immediately post-operatively to reduce plaque accumulation around the sutured used to close the extraction sites.

My pets drink from a fountain. Is this a problem?

Some animals are given their water in a motorized fountain that keeps the water moving to prevent it from going stale. Treated water can certainly be used in these drinking fountains.

However, the fountains usually have a charcoal filters which would remove the active ingredients of **healthymouth**TM. Therefore, the filter should be removed.

I have dogs and cats. Which product should I use?

The answer is, whichever one your pets seem to prefer. There is no problem giving the dog product to cats or vice versa.

The cat product has salmon oil. Some dogs love salmon and may enjoy the cat formula. My two cats do not like salmon oil, so drink the dog formula.

After a COHAT, how long should clients wait before introducing **healthymouthTM?**

There should be no problem starting to introduce **healthymouth**TM immediately following discharge. However, many patients that have had extensive work will also be going home with instructions to feed an altered (soft) diet and with pain medications (or even antibiotics on occasion). There are no known interactions or contra-indications for giving **healthymouth**TM but doing too many novel things at once can cause digestive upset. If owners start **healthymouth**TM along with any medication and the pet experiences any digestive upset, the owner will likely assume the **healthymouth**TM was at least in part to blame. So I would recommend one of the following two ideas:

If the COHAT is not going to take place for another week or two, start the pet on **healthymouth**TM pre-op so that they are already on it and their system adjusted to it. Then they should be able to continue with it immediately post-operatively and have the benefit of it during the healing period.

If the COHAT is going to take place too soon for that idea, then ask the owners to delay introducing **healthymouth**TM until a day or so after all the medications have been finished.

Can **healthymouth™** be given with antibiotics?

Yes. There are no known drug interactions or contra-indications for **healthymouth™**. **However**, it is probably best to not start giving **healthymouth™** at the same time as starting a new medication. If you start two or three things at once and the pet has an undesirable response, you will not know which novel thing caused it. So always try to introduce **healthymouth™** on its own and when the patient is sailing on an even keel.

What is the shelf life for the concentrate?

As of the fall of 2012, the "Best Before" date is three years after opening, but since we cannot know when the owner will open a jug/jar, there are stamped with a three year expiry date at the time of filling.

Clients may ask what effect they will notice when using **healthymouth™** or how long it will be before they “see a difference”?

That would be like asking how long it will be before they notice a difference when giving heartworm prevention. If you and they are using **healthymouth™** properly, they will not notice a difference at all. They are starting to use **healthymouth™** after (or just before) their pet has had proper dental care and so they are starting **healthymouth™** in a mouth that is healthy. If the product (and the other home care activities) is doing their job, the mouth will be staying healthy. That is the effect they want to be seeing - no change from being healthy.

The effect you and they should notice is that a year later, when the pet is presented for its annual COHAT, there is far less work to be done to clean the teeth (above and below the gum line). The tissues should be healthier than you have been used to seeing in that pet. There should be less need for any periodontal work or extractions. In short, **healthymouth™** should have made a noticeable difference in the

prevention of periodontal disease and the maintenance of oral health.

Are there any contra-indications for using **healthymouth™**?

Many animals in need of daily home plaque control may also have other health concerns and may be on any number of medications. As far as we know, there are no contra-indications to the use of **healthymouth™**.

It is possible that some individuals may have a sensitivity to one or more of the ingredients and so if there seems to be any adverse reaction, discontinue use and contact your veterinarian.

On the other hand, we feel it is safe to start any animal on **healthymouth™** regardless of age/stage, health concerns or medications.
