

**Mayo Clinic Medical Edge**

***Toothbrushes***

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	IF YOU'RE LIKE MOST PEOPLE YOU USE ONE EVERY DAY. BUT HAVE YOU EVER REALLY GIVEN MUCH THOUGHT TO YOUR TOOTHBRUSH?
<b>Phillip Sheridan, D.D.S. Track 2 (:20)</b>	"THERE ARE DIFFERENCES TO BE CONSIDERED."
	DR. PHILLIP SHERIDAN IS A DENTIST AND PERIODONTAL EXPERT AT MAYO CLINIC. YEARS AGO, DENTISTS FAVORED A NATURALLY BRISTLED BRUSH WHICH WAS COARSE OR HARD. BUT NOW...
<b>Dr. Sheridan</b>	"MOST EVERYBODY AGREES

	TODAY THAT YOU SHOULD BE USING SOFT NYLON BRISTLES IN A TOOTHBRUSH.”
	WHY?
<b>Dr. Sheridan</b> <b>Track 2 (1:25)</b>	“WE NEED TO BE GENTLE WHEN WE CLEAN OUR TEETH. WE NEED TO REMOVE THE PLAQUE, REMOVE THE FOOD, REMOVE THE DEBRIS FROM THE TOOTH SURFACE WITHOUT DOING DAMAGE TO THE GUM TISSUE, WITHOUT CREATING GROOVES IN THE TEETH, WITHOUT IRRATATING THE GUM TISSUE OR CAUSING RECESSION.”
	IS THERE A USE FOR A HARD TOOTHBRUSH? DR. SHERIDAN CAN THINK OF ONE. THAT’S TO CLEAN YOUR TONGUE, SOMETHING HE RECOMMENDS DOING AT LEAST ONCE A DAY.
	FOR MORE INFORMATION, TALK TO YOUR DENTIST OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a> . I’M VIVIEN

	WILLIAMS.