

## The Hidden Danger of Using Kid's Toothpaste

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Received: 19 January 2019

Published: 25 March 2019

**Keywords:** *Toothpaste; Parabens*

Components of toothpaste for children are adjusted to their age. The goal is to use them in order to keep both baby teeth clean and remain healthy, and have no special side effects for the child. On the other hands, the companies try to make the packaging and flavor of children's toothpaste to be attractive for children so that parents buy them.

This may be unbelievable for many parents. Unfortunately, many manufacturers of toothpaste (including some brand names) do not take into account human health and are only considering their own interests. Regarding the materials containing these products, it is unfortunate that most of these products contain hazardous toxic substances that prolonged use may lead to serious conditions such as cancer, heart disease, and so on.

The most important toxic materials include *Sodium Lauryl Sulfate, Aspartame/Saccharin, Hydrated Silica, Dyes, Parabens, Glycerin* and etc. The journal of the American College of Toxicology reports that SLS can penetrate and be retained in the eye, brain, heart, and liver with potentially harmful long-term effects. For example, some of the complications of using these types of toothpaste can be discussed briefly.

Sodium Lauryl Sulfate (SLS) is a chemical that originates from the coconuts. It is used as a surfactant, detergent, and emulsifier in many skincare products, and also in toothpaste. Regretfully, it is contaminated with *1, 4 dioxane*, a known carcinogen. Some studies also show that SLS can cause skin and mucosal irritation, organ toxicity, neurotoxicity, endocrine disruption, and biochemical or cellular changes, as well as possible mutations and cancer.

Hydrated silica has been shown to have a negative effect on the tooth enamel causing problems with remineralization due to properties of abrasiveness.

Many children's toothpaste is loaded with different dyes which are linked with many health problems like ADHD, severe allergic reactions, asthma attacks, headaches, nausea, fatigue, nervousness, lack of concentration, and cancer even!

Parabens are used in toothpaste as a preservative, and they are thought to have an effect on the endocrine system, disrupt hormones, and are even linked to cancer.

Lastly, this false belief has always existed among people that toothpaste has more cleansing properties if it produces more foam! Unfortunately, foaming agents are added to the toothpaste only because of customer attraction. For this reason, manufacturers have to add sodium lauryl sulfate to all detergents, shampoos, and even toothpaste while foam of the toothpaste has nothing to do with better cleaning. According to researchers, sodium lauryl sulfate is absorbed through the oral mucosal tissue and causes cancerous tumors. Therefore, the kid's toothpaste must not contain SLS, particularly in children and young adults who are most at the risk.

It should be noted that toothpaste alone is not the cause of these dangers, but the substances that contain them are involved.