

## Fluoride Dentifrices - The Right Age to Start!!!

I have read in “*Indian Pediatrics*” November 2002 issue that “Fluoridated toothpaste can be safely recommended to children above 6 years old.” But, “*Indian Pediatrics*, April 2010 recommended that “toothbrushing of all dentate children should be performed with a fluoridated toothpaste.” I want to know the exact time to start a fluoridated toothpaste in a child.

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### REFERENCES

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### REPLY

Use of fluoridated toothpastes is the most common method of reducing dental caries. Use of fluoridated toothpaste and toothbrush serves two important roles- (i) to deliver fluoride on the tooth surface (ii) mechanical action of toothbrush bristles clean the tooth surface.

Fluoridated toothpaste can be introduced at 3 years of age. Although fluoride ingestion is a concern

for this age group, during this time, most children develop the skills to expectorate toothpaste adequately. In children less than 3 years old, the fluoride ingested is upto 50% applied on the toothbrush, which is a cause of concern(1). Until the child learns to expectorate efficiently, it is important for parents to supervise their child’s brushing. Other advocate the use of a smear of fluoridated toothpaste for children less than two years and a pea size amount for children 2-5 years(2). Few studies have documented the use of fluoride toothpastes in the form of smear in children less than 3 years old. But wide consensus for fluoride toothpastes use in this age group has not been achieved(2-4).

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## Transient Hyperglycemia in a H1N1 Positive Child on Oseltamivir

Complications of H1N1 infection include severe pneumonia, empyema, ARDS, seizures, encephalitis and myocarditis(1). We report a 11 year old female, diagnosed to have H1N1 infection by RT-PCR, in

whom a routine random blood sugar showed hyperglycemia (240 mg/dL). Child had high fasting (149,109,172 mg/dL) and postprandial blood sugar (258,160,192 mg/dL), respectively on day 1, 2 and 3 of testing. However, 4th day onwards, for three consecutive days, child had normal fasting and postprandial sugar. HbA1C was normal (6.3%) suggesting this was a transient hyperglycemia. Urine and serum ketones were negative on all 6 days. Urine Sugar was 1+ positive for the first 3 days when blood