

# DİŐ HEKİMLİĐİNDE FLORÜR

## 3. BÖLÜM

**Cansu YIKICI<sup>1</sup>**  
**Suat ÖZCAN<sup>2</sup>**

### GİRİŐ

Henri Mossan tarafından 1886'da keŐfedilen florür(F), aşındırıcı soluk sarı bir gazdır. Halojen ailesine ait oldukça yüksek elektronegatifliğe sahip bir iz elementtir. Genellikle doğada bileŐikler halinde, canlı cansız neredeyse tüm yapılarda mevcuttur. Florürün insan dişleri üzerindeki etkisi, 1909 yılında Amerika BirleŐik Devletleri'nin Colorado kentinde, iki diş hekimi Frederick McKay ve Grant Black'in uygulama alanlarındaki benekli mine ("Colorado brownstain") nedenleri hakkında bir araştırma başlattıklarında tanınmıştır. McKay, Kempf ve Churchill tarafından 1931'de Idaho ve Arkansas'taki alanlardaki su örnekleri üzerine yapılan çalışmalar, benekli mine ve yüksek su florür seviyeleri arasındaki bağlantıyı doğrulamıştır<sup>[1]</sup>.

Bu keŐiften kısa süre sonra yeni sorular gündeme gelmeye başladı. Bu nedenle florürün diş minesine etkileri araştırılmaya başlandı. Bu ilk florür çalışmalarının mimarı Dr. H. Trendley Dean'di.

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### **Florürlü Gargaralar**

Florür ağız gargaralarının çürüklerin azaltılmasındaki etkinliği ilk olarak Bibby ve arkadaşları (1946) tarafından incelendi ve florürlü gargaralar kullanıldığı zaman yeni çürük oluşumunda % 43'lük bir azalma olduğu sonucuna varıldı<sup>[58]</sup>. Florürlü ağız gargaralarında kullanılan ajanlar arasında sodyum florür çözeltileri, asitleştirilmiş fosfat florür çözeltileri (APF) ve kalay florür çözeltileri bulunur<sup>[38]</sup>. 200-250 ppm arasında bir florür konsantrasyonuna sahip florürlü gargaralar günlük kullanım içindir. Ayrıca 900-1000ppm florür arasında değişen daha yüksek florür konsantrasyonlarında da mevcuttur. Bu tür ağız gargaraları haftalık kullanım için uygundur. 1000 ppm florür içeren 10 ml durulama 10 mg florür içerir.

Florürlü ağız gargarası çalışmalarından alınan raporlar, hem günlük hem de haftalık gargara kullanımının diş çürüklerini önlemede eşit derecede etkili olduğunu göstermektedir<sup>[59]</sup>. Florürlü gargaralar önerilen talimatlara uygun olarak kullanılmalıdır. Florür diş macununun yaygın kullanımda olduğu durumlarda, florürlü gargaralar ideal olarak ağız içi florür seviyelerini korumak için diş fırçalamaya farklı bir zamanda kullanılmalıdır<sup>[60]</sup>.

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