

THE FACTS ON FLUORIDE

Dental disease is the number one chronic disease among children and adolescents in North America. Water fluoridation is the most important public health measure used to effectively and inexpensively counteract the disease.

What are the benefits of fluoride?

Fluoride can greatly help dental health by strengthening the tooth enamel, making it more resistant to tooth decay. It also reduces the amount of acid that the bacteria on your teeth produce. According to a New York study, fluoridated communities have 20% less tooth decay and every dollar spent on water fluoridation avoids an estimated \$38 in dental care per person per year.

Fluoridation is the process of adjusting the inorganic fluoride compound in municipal water supplies to the level of fluoride that is optimal for dental benefits. The fluoridation of drinking water supplies is a well-accepted measure to protect public health and is strongly supported by scientific evidence. Fluoride has been supplementing public drinking water supplies

around the world for more than half a century, as a public dental health measure.

Health Canada's website states that "the big advantage of water fluoridation is that it benefits all residents in a community regardless of age, social economic status, education or employment."

Talk to your Dentist
Good for you. Good for life.

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