

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.

How much is 0.7 parts per million?

The guideline for fluoride is a maximum acceptable concentration (MAC) of 1.5 parts per million (ppm). Exposure to fluoride at or below this MAC will not cause any adverse health effects, taking into account all other sources of exposure to fluoride.

The optimal level at which the protective effect of fluoride occurs is called the optimal concentration, and is well below the MAC. For communities that choose to fluoridate their drinking water, the level of fluoride that is optimal in preventing tooth decay is 0.7 ppm. In simpler terms, this is like one penny in \$10,000; one minute in two years; or 1 drop in about 50 litres of water.

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.

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

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