

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.

Why are foods fortified for health benefits?

Many of the foods we consume have added health benefits such as: Iodized salt for prevention of thyroid disorders, decrease iodine deficiency; Vitamin D found in milk is for healthy bones, decreases Osteoporosis, some cancers, reduced exposure to sun in winter months; B vitamins, often referred to as B complex vitamins, help

the body metabolize fats and protein. B complex vitamins are necessary for healthy skin, hair, eyes and liver. They also help the nervous system function properly. Vitamins Niacin and Riboflavin are usually added to breads to provide us with increased health benefits, just like fluoride in your drinking 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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