

When talking to your patients about oral health and fluoridation, here are a few key points to make:



Oral health is an integral part of overall health.

Research has linked poor oral health to diseases such as diabetes, stroke, and heart disease.



Here are 5 simple steps to good oral health.

- Brush twice a day with fluoridated toothpaste
- Floss daily
- Cut down on snacks, especially those that are high in sugar or starch
- Get regular check ups
- Drink fluoridated water



Fluoridated water is just one of many foods and beverages that are fortified in the US to improve health.

Fluoride occurs naturally in almost all water but not always at levels that effectively prevent tooth decay. That's why we practice community water fluoridation. Just as we add vitamin D to milk for healthy bones and folic acid to bread for healthy red blood cells, we adjust fluoride in water to the optimum level to prevent tooth decay.



Water fluoridation is safe which is why so many of the leading health and medical organizations support it.

More than 3,000 scientific studies and research findings have been published on fluoride. The overwhelming evidence supports the safety and effectiveness of water fluoridation. It is endorsed by the Centers for Disease Control and Prevention, the American Academy of Family Physicians, the World Health Organization, and many other respected health and medical organizations.



Fluoridation is effective.

Community water fluoridation is credited with reducing tooth decay by as much as 25%, and that is over and above the effects of fluoridated products such as toothpaste and mouthrinse.