



# The Facts About Fluoride

The debate over fluoridating community water to prevent tooth decay has lasted about 70 years. Research and evidence show that community water fluoridation is safe and helps protect teeth without posing risks to an individual's health.

The American Dental Association (ADA), the U.S. Food and Drug Administration (FDA), and the U.S. Centers for Disease Control and Prevention (CDC) continue to support community water fluoridation as a safe and cost-effective way to fight tooth decay and improve oral health.

Here is the latest information to help you understand fluoride:



## How Fluoride Helps Teeth

Fluoride reinforces teeth by strengthening tooth enamel and makes teeth more resistant to cavities. Talk to your dentist about your risk for tooth decay. They can help determine the most appropriate treatment based on your health and history.



## Fluoride is Safe

Fluoride is safe when used and consumed properly. (Other substances that are beneficial in the correct amounts and harmful in the wrong ones include salt, vitamins A and D, iron, iodine, aspirin – and water!)

Although fluoride has been blamed for numerous diseases, no credible scientific evidence has demonstrated a correlation between optimal fluoride consumption and these diseases.



## Adding Fluoride to Drinking Water

Decades of research and credible scientific studies provide substantial evidence that community water fluoridation is a safe and effective way to improve oral health.

Fluoridated water has played an important role in reducing tooth decay in children and tooth loss in adults. As a result of fluoridated water, half of all children between the ages of 5 and 17 have never had a cavity in their permanent teeth.

The CDC calls community water fluoridation “... the single most effective public health measure to prevent dental decay and improve oral health over a lifetime for both children and adults,” and named it one of the top 10 greatest public health achievements of the 20th century.

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