

Fluoride is a safe, effective way to protect your teeth against decay!

Fluoride is a naturally occurring mineral

Fluoride is found in lakes, rivers, and groundwater across the United States. It was discovered to be beneficial in communities with low levels of tooth decay who were regularly drinking water with naturally occurring fluoride.

Fluoride protects against cavities

Fluoride protects your teeth from cavities by repairing and strengthening tooth enamel against decay caused by acids from bacteria in your mouth. It's like giving your teeth a shield.

Fluoride protects our teeth in two ways

When fluoride is swallowed, it mixes with saliva to provide continuous defense against decay throughout the day and make teeth stronger. Fluoride's benefits are boosted when you brush your teeth with toothpaste containing fluoride.

Community water fluoridation reduces tooth decay by 25%

Community water fluoridation is the practice of adjusting the amount of fluoride in drinking water to the recommended level for preventing cavities. Adding fluoride to our drinking water is a simple, safe, and effective way to support everyone's dental health.

Waterworks operators and health department officials continuously monitor our water supply to ensure it is safe and healthy for everyone. They regularly test and adjust fluoride levels to ensure we all get the maximum benefits.

Need more information on the importance of Community Water Fluoridation (CWF)? The following resources are available for download via scanning the QR Code or following the link.



bit.ly/FluorideResource



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References

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Learn more about our work at vahealthcatalyst.org. Contact Isabelle Stitt-Fredericks, Community Health and Data Manager at istittfredericks@vahealthcatalyst.org should you have any questions.