

## Fluoride as Preventive Therapy

1. Use of small amounts of fluoride (one part per million) in community water supplies has been shown to significantly reduce dental decay. Your water supply may contain fluoride. If you do not know, ask your dentist or dental hygienist.
2. Where fluoride in water supplies is not available, addition of fluoride to the diet of children has been shown to similarly reduce the development of dental decay. About 1mg per day is the optimal dosage, with lesser amounts for young children (we will advise you of the amount for your child).
3. Application of fluoride on the tooth-cleaning appointment has a slight decay-reducing influence.
4. Application of resin containing fluoride to teeth by your dentist or dental hygienist is well-known to significantly reduce the possibility for dental decay.
5. Placement of fluoride on teeth in the form of rinses can reduce new dental decay, depending on the concentration of fluoride.
6. Strong fluorides are used for patients who have high decay potential, such as those receiving chemotherapy or radiation therapy, or those in orthodontic therapy.

As a group, dentists and physicians as well as global health organizations favor the use of fluoride in all of the previously described methods. Fluoride for reduction of dental decay has had more legitimate worldwide research than any other health related subject. Nevertheless, there are some groups that oppose fluoride use for various political and alleged health reasons.

The decision to use fluoride for you and your family is up to you. For almost all dentists and physicians, “anti-fluoride” arguments make no sense at all.