

Georgians *Benefit* from Fluoride

What is Fluoride?

Fluoride is nature's cavity fighter. It is found in rocks, soil, and water.

Sources of Fluoride:



Water



Toothpaste



Mouthwash

How Does Fluoride Protect Oral Health?

Fluoride helps strengthen teeth in children and in adults, and it can even help reverse early decay.

Everyday Fluoride for Stronger Enamel

Toothpastes, mouthrinses, and other products containing fluoride deliver a concentrated dose to cavity causing plaque and demineralized enamel. For most people, brushing twice a day with a fluoride toothpaste is recommended.

Built-In Protection: Fluoride from Food and Water

Fluoride can be swallowed by drinking water, taking supplements, or eating fortified foods like fluoridated salt. Fluoride consumed in this way is incorporated into developing teeth and can be found in saliva, preventing cavities all day long.

Fluoride is Safe

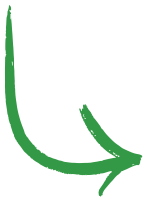
Studies have consistently shown fluoride to be safe at recommended levels. The recommended amount of fluoride in water is 0.7 ppm, or about 3 drops in 55 gallons of water.



Community Water Fluoridation

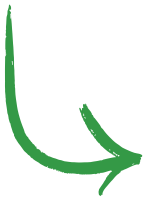
Communities have been adding small amounts of fluoride to their water to help fight tooth decay for over 70 years. DeKalb county began fluoridating its water in 1951 following extremely promising results from 1945 trials.

Communities with Water Fluoridation Experience...



Fewer Cavities

- Less pain
- Decreases in fillings and teeth pulled
- Lower absences from school and work



Savings on Dental Care

Fluoridated water prevents 1 in 4 cavities, lowering the cost of dental care.

On average, communities of 1,000 people or more save **\$32 Per Person** with community water fluoridation.



Learn More!

Ask your dentist or visit:

- www.gadental.org/fluoride
- www.ada.org/resources/community-initiatives/fluoride-in-water/fluoridation-faqs
- www.ada.org/resources/community-initiatives/fluoride-in-water/fluoridation-facts

