

FLUORIDE PROTECTION



How does it work?

Fluoride prevents tooth decay by:

- changing the structure of the developing enamel in children under the age of 7 years, so that it is more resistant to acid attack
- providing an environment where better quality enamel is formed, which is more resistant to acid attack
- reducing the ability of bacteria in plaque to produce acid

This involves the following processes:

Protection from demineralization: When bacteria in the mouth combine with sugars, they produce acid. This acid can erode tooth enamel and damage our teeth. Fluoride can protect teeth from demineralization that is caused by the acid.

Remineralization: If acid has already caused some damage to the teeth, fluoride accumulates in the demineralized areas and begins strengthening the enamel. This is remineralization.

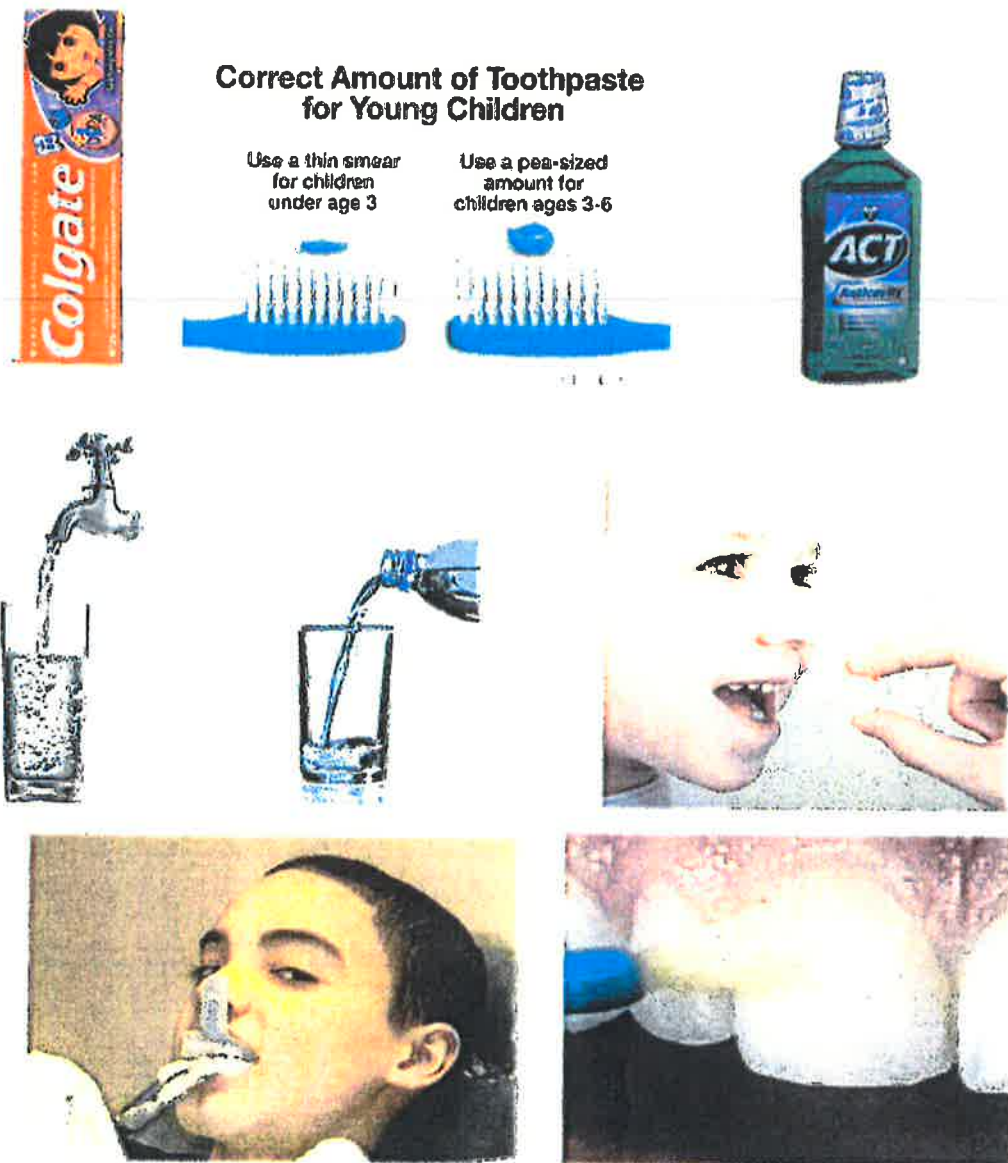
Who benefits the most?

Everyone can benefit from added dental protection, but those who can benefit particularly are people who:

- enjoy snacking

- have poor dental hygiene
- have little or no access to a dentist
- follow diets that are high in sugars or carbohydrates
- have had bridges, crowns, braces, and other restorative procedures
- have a history of tooth decay or cavities

Most public health authorities and medical associations worldwide recommend that children and adults receive some fluoride, to protect their teeth from decay.



HOW FLUORIDE WORKS

FLUORIDE
IN DRINKING WATER



IS TAKEN IN BY
TEETH
STILL DEVELOPING
BELOW THE GUMS



TO HELP CREATE A
STRONG SURFACE

PROTECTING THE
TEETH FROM CAVITIES

IN CHILDREN AND ADULTS

TEETH ARE BATHED

IN FLUORIDE WHEN DRINKING WATER



GIVING TEETH THE
FLUORIDE THEY NEED
ALL DAY LONG

ACID PRODUCED BY BACTERIA
IN THE MOUTH CAN CREATE
HOLES ON THE SURFACE
OF THE TEETH

FLUORIDE HELPS PROTECT
& REBUILD THIS SURFACE

PREVENTING
ABOUT 25% OF CAVITIES

Build a better foundation for healthy teeth and keep your teeth stronger, longer. Fluoride in water. 70 years and going strong. At a faucet near you. Visit www.CDC.gov/Fluoridation for more information.

