

Healthy People Dental

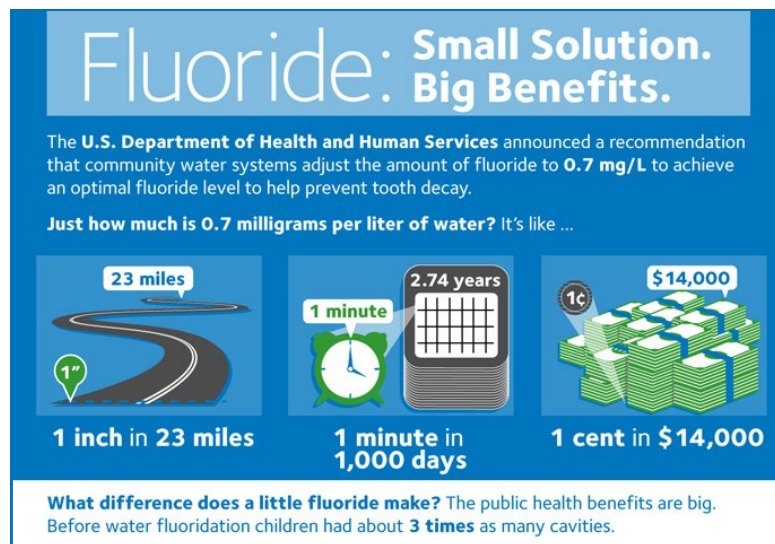
Water and Your Oral Health

In 1945, Grand Rapids, Michigan became the first city in the world to adjust the level of fluoride in its water supply to prevent tooth decay for its citizens. Since that time, fluoridation has dramatically improved the oral health of tens of millions of Americans. Community water fluoridation is the single most effective public health measure to prevent tooth decay. The Centers for Disease Control and Prevention has proclaimed community water fluoridation as one of 10 great public health achievements of the 20th century.

Studies have consistently shown that fluoridation of community water supplies is safe and effective in preventing dental decay in both children and adults by at least 25%. Approximately 74.6% of the U.S. population served by public water systems receive the benefit of optimally fluoridated water. Simply by drinking water, Americans benefit from fluoridation's cavity protection whether they are at home, work or school.

What is fluoride?

Fluoride is a naturally occurring mineral compound found in water and soil. It is also present in foods and beverages at varying concentrations. Fluoride helps prevent tooth decay by making the entire tooth surface more resistant to acid attacks from the bacteria that live in the plaque on your teeth. Fluoride also promotes re-mineralization (adding minerals such as calcium back in to your teeth), which aids in repairing early decay before a cavity (hole) forms in the tooth. There are two ways to increase fluoride protection: topical and systemic applications.



What is fluoridated water?

Water fluoridation is the adjustment of fluoride levels in the community water supply to the optimum level to protect oral health. By simply drinking tap water in communities with a fluoridated water supply, people can benefit from fluoride's protection from decay. Research for the past 60 years has shown community water fluoridation to be safe and the single most effective public health measure to prevent tooth decay in adults and children. Water fluoridation is endorsed by nearly every major national and international health organization including the American Dental Association, American Medical Association, World Health Organization and the U.S. Centers for Disease Control (CDC).

"Water fluoridation is effective and safe," said ADA President Dr. Maxine Feinberg. "The Association strongly urges communities that already are doing so to continue fluoridating water at the levels the government recommends. "Dentistry is proud of its record in preventing disease," said Dr. Feinberg. "The ADA and other science-based health organizations in the U.S. and around the world understand that community water fluoridation is one of the most effective and least costly ways to do so."

Healthy Mouth Recipe Citrus Flavored Water

Slice 1 orange, 1 lime, and 1 lemon into rounds, then cut the rounds in half. Add to your container. Press and twist the fruit with a muddler or the handle of a wooden spoon. Press enough to release some of the juices, but don't pulverize the fruit into pieces. Fill the jar with ice. Pour in water to the top. Stir it with the handle of a wooden spoon or a chopstick. Put a lid on it, put it in the fridge, and chill.

