

# Caring for Your Family's Teeth

## Community Water Fluoridation is Safe

Fluoride is a good thing – it helps prevent tooth decay. In fact, the Centers for Disease Control and Prevention (CDC) proclaimed community water fluoridation as one of 10 great public health achievements of the 20th Century.



### Quick Fluoride Facts:

- Fluoride is a mineral that occurs naturally in all water sources, including oceans, rivers, lakes and streams.
- Sometimes this natural level needs to be adjusted to meet optimal levels (0.7 mg/L) for good oral and overall health.
- Community water fluoridation is the single most effective public health measure to prevent tooth decay.
- 74% of Coloradans whose homes are connected to a public water system benefit from fluoridated water.
- The Colorado Dental Association, American Dental Association, CDC, American Medical Association, U.S. Surgeons General, World Health Organization, American Academy of Pediatrics and many others endorse fluoridation of community water supplies as safe and effective for preventing tooth decay.

### What You Can Do:

- In addition to drinking fluoridated water, use toothpaste and mouth rinse that contains fluoride.
- Talk to your dentist about having topical fluoride professionally applied to your teeth.
- If your water is not fluoridated, ask about dietary fluoride supplements (tablets, drops or lozenges), which are available by prescription and are intended for use by children ages 6 months to 16 years old.
- Limit your intake of food and drinks that contain high levels of added sugar (i.e. fruit juice and soft drinks).
- Brush and floss your teeth twice a day.