

# Fluoride

- Fluoride is a mineral found in soil, water, and rocks.
- Fluoridated water reduces tooth decay in children and adults by about 25%.<sup>1</sup>



## Benefits of fluoride:

- Strengthens the tooth's surface
- Prevents new cavities
- Lowers the need for fillings
- Results in less tooth loss

## How to get fluoride:

- **Community water fluoridation:** Drink fluoridated water to receive the benefits of fluoride.
- **Oral care products:** Choose toothpastes and mouth rinses that contain fluoride.
- **Fluoride supplements:** Discuss supplements with your dentist or medical provider to determine if drops or tablets are needed for children.
- **Fluoride varnish:** Ask if fluoride varnish treatments are needed at your dental office, school-based oral health program, doctor's office or local health department.



## Fluoride is for people of all ages.

- It's essential for children while permanent teeth are forming.
- For adults, fluoride continues to promote tooth health.



## All fluoride sources work together.

- Fluoridated water and over the counter fluoride products, like toothpaste, work in different ways.
- Teeth are protected best when using both fluoride products and fluoridated water.

### Did you know?

- Most bottled waters do not contain the recommended levels of fluoride.
- Some water filtration systems remove fluoride from the water.
- It is best to do all of the following for the health of your teeth:
  - Drink fluoridated water.
  - Brush your teeth twice a day with a fluoride toothpaste.
  - Floss daily.
  - Visit your dental provider at least c



For more information on fluoride, please visit the Wisconsin Oral Health Program's website: [www.dhs.wisconsin.gov/oral-health/community-water-fluoridation-fluoride.htm](https://www.dhs.wisconsin.gov/oral-health/community-water-fluoridation-fluoride.htm).

1. Centers for Disease Control and Prevention. (2020). Community Water Fluoridation. <https://www.cdc.gov/fluoridation/index.html>