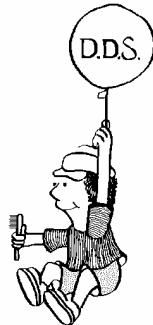


## FLUORIDE FACTS

- Why should my child have fluoride?
  - Fluoride usage is the primary reason why half of all children born today will never get cavities.
- What is the difference between topical fluoride and systemic fluoride?
  - Topical fluorides (toothpaste, rinses, and professional fluoride treatments) provide protection for teeth already present in the mouth. Your child can *not* receive too much topical fluoride, as long as it is not swallowed. Limit the amount of toothpaste to the size of a pea in young children.
  - Systemic fluoride (naturally occurring or added to tap water, drops and tablets) primarily benefits teeth that are developing in the jaws of growing children. It also provides some topical benefit for all of us.
- My child gets fluoride treatments at school; does he need it at the dental office too?
  - Yes. Fluoride rinses are made to supplement the more concentrated fluoride treatments performed in the dental office.
- How often should my child receive professional fluoride treatments?
  - Professionally applied fluoride treatments are effective for several months. They need to be re-applied at least twice a year for the maximum benefit. Adults that are cavity prone should also receive professional fluoride treatments.
- Our family uses well water or bottled water for drinking. Does this have fluoride in it?
  - It depends. Some wells have naturally occurring fluoride, as do some bottled waters. We can test your well water for you. Check with your bottled water supplier to see if fluoride is present. Ask us to discuss options if you are unsure.



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