

FACTS ABOUT WATER FLUORIDATION

What is Fluoride?

- **Fluoride is an important mineral for everyone!** Bacteria in the mouth combines with sugars that produce acid, which can harm tooth enamel and damage teeth. Fluoride protects teeth from acid damage and can help stop or reverse early signs of decay.



Fluoride Protects Teeth

- **Over 70 years of scientific research shows that drinking optimally fluoridated water prevents approximately 25 percent of cavities.** This is in addition to fluoridated toothpaste, mouthwash, and other sources of fluoride. When fluoride is applied topically to the tooth via toothpastes, fluoride gels, or rinses, the fluoride will help fill in voids in the enamel, which will help repair the tooth.
- **Most water does not have enough of this fluoride nutrient on its own; however, through adding a small amount to the water, tooth surfaces are made stronger and more resistant to decay.** People of all ages have benefited from this addition of the fluoride mineral through drinking fluoridated water and brushing with fluoride toothpaste. Pediatricians, dentists and health professionals have seen a dramatic decline in the severity of tooth decay over the last seventy years.

Fluoride is Safe

- **Leading health and medical authorities endorse water fluoridation as safe.** The CDC reports that “panels of experts from different health and scientific fields have provided strong evidence that water fluoridation is safe and effective.”

Fluoride Saves You Money

- **Every \$1 invested in fluoridated water saves \$38 in dental costs.**
- Those without dental care access benefit from better oral health, and we all benefit from less Medicaid spending.
- National savings from fluoridated water are estimated at \$3.84 billion each year.

The organizations and professionals that you know and trust support community water fluoridation because it is safe and effective!

- Community water fluoridation was named “**One of the 10 greatest public health achievements of the 20th Century**” by the Centers for Disease Control and Prevention – [cdc.gov/fluoridation](https://www.cdc.gov/fluoridation)
- American Dental Association – [mouthhealthy.org](https://www.mouthhealthy.org)
- Kansas Dental Association – [ksdental.org](https://www.ksdental.org) or [fluoridekansas.org](https://www.fluoridekansas.org)
- Kansas Department of Health and Environment – [kdhe.gov/ohi](https://www.kdhe.gov/ohi)
- Oral Health Kansas – [oralhealthkansas.org](https://www.oralhealthkansas.org)
- American Academy of Pediatrics / Kansas Chapter – [likemyteeth.org](https://www.likemyteeth.org)

