

Michigan CARIES PREVENTION PROGRAM

Did you know?

Your child may not be getting the right amount of fluoride because of the Flint water crisis.

WHY IT MATTERS:

- Fluoride helps to prevent tooth decay! Healthy teeth are a part of your child's overall health.

HELP KEEP YOUR CHILD CAVITY-FREE BY:

- Brushing their teeth for two minutes, two times per day using fluoride toothpaste
- Visiting the dentist regularly
- Asking your doctor's office about applying fluoride varnish during your child's next well-child visit!



For more information:

visit MITeeth.org or email info@MITeeth.org

FLUORIDE: What Parents Need to Know

What is fluoride?

Fluoride is an important mineral for children that protects teeth from acid damage and helps reverse early signs of tooth decay. All children can benefit from fluoride, especially children who:

- Do not have access to (clean) tap water
- Eat/drink sugary snacks between meals
- Have visible tooth decay
- Sleep with a bottle
- Have special healthcare needs



How does fluoride work?

Fluoride protects teeth in two ways:

- Fluoride strengthens the enamel on baby and adult teeth before they emerge.
- Fluoride fights bacteria in the mouth which, combined with sugars, produces acid that can harm tooth enamel and damage teeth.

Is fluoride safe?

Yes. The American Academy of Pediatrics (AAP), the American Dental Association (ADA), and the Centers for Disease Control and Prevention (CDC) approve the use of fluoride as an effective and safe way to reduce tooth decay.

How do I get fluoride?

Fluoride is most commonly found in community water. However, because of the lead level in Flint's water system, here are two other ways to get fluoride:

- Fluoride toothpaste: brush for 2 minutes, 2 times per day using toothpaste that contains fluoride.
- Fluoride varnish: ask your dentist or medical provider about fluoride varnish applications at your next appointment.

Does my bottled water contain fluoride?

It depends on the brand. Bottled water products labeled as "de-ionized, purified, demineralized, or distilled" have been treated in such a way that they contain no or only trace amounts of fluoride, unless they specifically list fluoride as an added ingredient. You can call the manufacturer to ask about the fluoride content.

To learn more, go to www.MITeeth.org



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