

## FLUORIDE IN TAPWATER? COULD SOMEBODY GIVE US A STRAIGHT ANSWER

Fluoride is an ion with an affinity for calcium, which is a large component of tooth and bone structure. Fluoride occurs naturally in many water sources, but the concentration is often adjusted to a level that has been shown by research to be optimal for preventing cavities.

Fluoride in the water or as a supplement benefits children the most. It is integrated into their teeth as the teeth are developing, resulting in adult teeth that are harder and more decay resistant.

For adults, and teeth that are already in place in the mouth, fluoride can only benefit the outer surfaces of the teeth. The fluoride is absorbed into the outer surface of the tooth, resulting in a more decay-resistant outer shell to the tooth, which one hopes will be enough to resist the demineralization caused by acids released by cavity-causing bacteria.

We don't agree that fluoride should be added to tap water. We feel that brushing and flossing/interdental brushing will be the most effective preventative treatment. Leave our water alone!

**The truth, no tooth fairies.**

