SAVE YOUR FANGS

Fluoride is a proven and essential mineral that helps prevent tooth decay — and that's the opposite of scary.

smilespokane.org

SmileSpokane

FLUORIDE IS NATURE'S CAVITY FIGHTER.

SmileSpokane

Q. What is fluoride?

A. Fluoride is nature's cavity fighter, a mineral found in most water: lakes, rivers, oceans and aquifers. But it's usually found at levels below what's needed to prevent tooth decay.

Q. What does fluoride do for teeth?

A. Fluoride strengthens tooth enamel – making it more resistant to decay. Fluoride replaces minerals lost to acid-attacks that occur when we eat.

Q. What is fluorosis?

A. Mild dental fluorosis leaves faint white marks on teeth when a person ingests too much fluoride. Severe fluorosis, which is very uncommon in the U.S., may cause brown spots. Fluorosis doesn't cause pain or affect the tooth's health **and it doesn't happen when a good balance of fluoride is provided.**

Q. Is fluoride controversial?

A. In most communities, it's not. About 73% of people in U.S. towns or cities live where fluoride is provided at a good balance. Fluoridation has made major improvements in dental health. But some groups try to distort the science to prevent fluoridation.

Q. What's the benefit of a fluoridated water supply?

A. It's the most efficient and cost-effective way to get a good balance of fluoride to everyone, regardless of their income, age or education. It is a public health standard. When you drink fluoridated water the minerals help prevent decay.

Q. Does Spokane have fluoridated water?

A. No. Spokane is the largest city in the state without fluoridated water. In September 2020, Spokane City Council voted to begin the process of providing community water fluoridation.

Q. In the absence of fluoridated water, how can residents access fluoride?

A. There is no substitute for fluoridated water, but talk with your doctor and dentist about supplements or in-office treatments for yourself and your family. And use fluoride toothpaste.