

TIPS AND TRICKS FLUORIDE



Fluoride helps prevent tooth decay by making the tooth more resistant to acid attacks from plaque bacteria and sugars in the mouth as well as reversing early decay



For children under six years of age, fluoride becomes incorporated into the development of permanent teeth, making it difficult for acids to decay the teeth



Fluoride is found in foods and in water. It can also be directly applied to the teeth through fluoridated toothpastes and mouth rinses



It is important for infants and children between the ages of 6 months and 16 years to be exposed to fluoride; this is the timeframe during which the primary and permanent teeth come in, adults also benefit from fluoride



New research shows that topical fluoride from toothpastes, mouth rinses, and fluoride treatments are as important in fighting tooth decay as in strengthening developing teeth



Fluoride is a mineral that is found naturally in many foods and even water



Every day, minerals are added to and lost from a tooth's enamel layer through two processes; when minerals are lost from a tooth's enamel layer when acids are formed from plaque, bacteria and sugars in the mouth that attack the enamel, the second way being when minerals such as fluoride, calcium and phosphate are re-deposited



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