

# Fluoride Fun Facts

Fluoride is a naturally occurring mineral that can help prevent cavities and tooth decay by strengthening the hard outer shell of your teeth – called tooth enamel.



## Drinking Water

Getting fluoride in your system



Did you know that maintaining a constant level of fluoride can help protect your teeth against cavities? That's why many cities put low levels of fluoride in drinking water. The first city to do so was Grand Rapids, MI in 1948. After 11 years, scientists conducted a study of children born after 1948. The rate of cavities had dropped more than 60%!

## Toothpaste and Mouthwash

Putting fluoride on your teeth



Your toothpaste and mouthwash might have fluoride in them, too – putting this tooth-strengthening mineral right where it's needed most. Your dentist may also recommend an in-office treatment that's like painting a thin coating of fluoride across your teeth. It may feel a little strange at first, but it's like having an invisible shield on your teeth!



**Ask your dentist how fluoride can help your teeth stay strong and healthy!**