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**Extra
fluoride:
Benefits at
any age.**

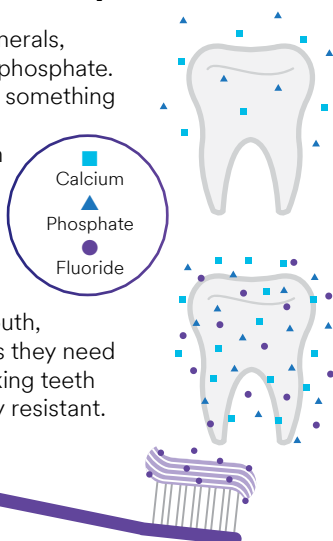
Fluoride Facts

What is fluoride?

- Fluoride is a naturally-occurring mineral present in soil, plants, air and water and is the only mineral proven to help prevent tooth decay.¹ That's why many communities add a low level of fluoride to their drinking water.

How does fluoride help teeth?

- Teeth are made up of minerals, specifically calcium and phosphate. Anytime you eat or drink something acidic or sugary, these minerals can break down and cause cavities.
- Fluoride interrupts the breakdown process and holds onto calcium and phosphate in the mouth, giving teeth the materials they need to rebuild – all while making teeth stronger and more decay resistant.



Did you know...

The first city to fluoridate their water 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%!

Is fluoride safe?

Yes! Fluoride has been proven to be safe and effective for preventing tooth decay and has been used to promote strong teeth for over 70 years. It's also recognised and recommended by the ADA, CDC and FDA.^{1,2}

¹Weyant, Robert J., et al. "Topical Fluoride for Caries Prevention." The Journal of the American Dental Association 2013; 144(11): 1279–1291.

²"CFR - Code of Federal Regulations Title 21." Accessdata.fda.gov, 1 Apr. 2018

³Guidelines for the use of fluorides, New Zealand Ministry of Health, 2009. Practical Guidelines for use of Fluorides, Australian Dental Association, 2020.

Why would my dentist recommend fluoride?

While everyone is at some risk of tooth decay, some are at a higher risk than others. The higher your risk level, the more care – and fluoride – your teeth need.

The Australian and New Zealand Dental Association recommends³ that people at moderate to high risk of cavities receive an in-office fluoride treatment 2 to 4 times a year from their dental professional. This in-office treatment could be in the form of a gel or a tooth varnish.

In addition, dentists recommend the use of high fluoride toothpaste at home for patients at high risk of tooth decay. There are many studies and years of clinical experience to show that in-office and at-home application of fluoride are beneficial to the health of your teeth.



How do I know if I am at risk for tooth decay and cavities?

Many factors can increase your risk of tooth decay, and it's likely you have more than you think! You may be at a higher risk if you have:

- A high-acid, high-sugar diet
- A history of cavities
- Lost teeth due to cavities
- Orthodontic brackets
- Dry mouth caused by medication or medical conditions
- Inconsistent oral hygiene habits



If I'm at risk for tooth decay, what can I do?

First things first, talk to your dentist or dental hygienist about your risk level. They'll be able to guide you toward the best solution for your mouth.

Once your risk level has been assessed, they may recommend:

- An in-office, professionally applied fluoride treatment, such as a gel or varnish, 2-4 times a year.
- An at-home, prescription strength fluoride toothpaste. These contain more fluoride than the tubes you find at the supermarket but are used just like regular toothpaste.

By covering your bases at the dentist and at home, you can ensure your teeth get the protection they need – regardless of your risk level.



Did you know...

Teeth aren't the only part of your mouth that contain calcium and phosphate – your saliva does too! In a healthy mouth, when teeth start to break down, saliva and fluoride work together to replace any lost minerals.



3M Oral Care

3M Australia Pty Limited

Building A, 1 Rivett Road
North Ryde, NSW 2113
Ph: 1300 363 454
3M.com.au/Dental

3M New Zealand Limited

94 Apollo Drive
Rosedale, Auckland 0632
Ph: 0800 80 81 82
3M.co.nz/Dental