

## FLUORIDE WORKS!

Fluoride works in two ways:

### By Mouth and Topically

**Fluoride taken by mouth**- These include community drinking water, drops and tablets that are chewed and swallowed. Taking fluoride in this way will benefit the teeth already in the mouth and those under the gums. This can reduce decay 50 - 80%.

Fluoride drops or chewable tablets are prescribed if you live in an area where fluoride is not added to the water supply. In our community Beaverton, Forest Grove, Aloha, and parts of Hillsboro have fluoride added. You can call the number on your water bill or check with your apartment manager to find out about your water supply and if there is adequate fluoride in the water.

**Topical fluorides** – Having fluoride applied to the surface of teeth has been shown to reduce dental cavities 35 - 40%. Topical fluoride treatments like Fluoride Varnish can stop or even reverse early cavities.

Fluoride Toothpaste – The latest recommendations from dental experts state that a smear of toothpaste is safe to use as soon as your baby gets his/her first tooth! Use a smear for children under 3 years and a pea-sized amount for children 3 - 6 years.

