

## Talking With Your Patients About Community Water Fluoridation

- Fluoride is nature's cavity fighter, with small amounts present in all water sources. Community water fluoridation simply adjusts the level of fluoride in water to what is considered an optimal level to protect your teeth.
- Adding fluoride to drinking water is like the addition of vitamin D to milk, iodine to table salt, and folic acid to bread and cereals.
- Water fluoridation benefits everyone, especially those without access to regular dental care. 51 million school hours are lost per year in this country due to dental-related illness. Imagine how many MORE school hours would be lost if we didn't have the benefits of water fluoridation.
- The ADA's policies regarding community water fluoridation are based on the overwhelming weight of credible, peer reviewed, scientific evidence.
- In fact, the Centers for Disease Control and Prevention proclaimed community water fluoridation as one of 10 great public health achievements of the 20th century.

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