



## ***Fluoride Facts:***

- ◆ Fluoride is found naturally in soil and ground water.
- ◆ It is essential to teeth and bones.
- ◆ Over 140 studies have all found that adding fluoride to drinking water is safe.

### **Who believes in fluoridation?**

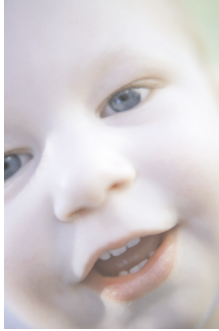
The American Dental Association  
Medical & Hospital Organizations  
The World Health Organization  
The National Academy of Sciences  
The American Medical Association  
The US Surgeon General

### **How does fluoride work?**

To reduce cavities by 40-65%, communities need to add only a trace of fluoride to the water... 1 part fluoride to every 1 million parts water. That's it!

### **Washington State cities that already benefit from fluoride:**

Cheney, Yakima, Tri-Cities, Pullman, Fairchild AFB, Ellensburg, Aberdeen, Seattle, Tacoma, Vancouver, Everett, Bremerton, Kent, Redmond, Renton, Edmonds, plus many more!



# Growing Up Without Cavities

- ◆ Clean gums and teeth with a wash cloth or gauze from the newborn through teething stages.
- ◆ Begin flossing when the baby's first teeth appear.
- ◆ Introduce a drinking cup by the first birthday. Try to avoid bottles.
- ◆ Avoid sweet liquids between meals.
- ◆ Start dental check-ups around the first birthday.
- ◆ Ask your dentist about using fluoride and applying sealants.
- ◆ Give fluoride tablets or drops.
- ◆ Teach your child how to brush, but always supervise them. Children need help getting to all their teeth.



## Oral Health Program

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