



The power of fluoride

Fluoride is one of the most important tools in the fight against cavities. It is a natural mineral with super powers to protect and strengthen teeth.

What do I need to know about fluoride?

Acid, plaque and germs take minerals away from your teeth. Fluoride replaces minerals and reduces tooth decay, helping to rebuild weak teeth and reverse early signs of damage. In children under the age of 8, fluoride can strengthen permanent teeth even before they come in.

Where is fluoride found?

Fluoride is typically present in toothpaste and mouthwash, where it provides a coating for teeth. Just like Vitamin D is added to milk, fluoride is added to the drinking water in many cities and towns. Decades of studies have shown that fluoride is safe. Adding fluoride to water has reduced cavities in children and adults by at least 25%, even in people who use fluoride toothpaste.

Should I consider additional fluoride treatment?

Despite the presence of fluoride in drinking water and toothpaste, kids may benefit from additional fluoride treatments, especially if they have certain dental conditions, are prone to cavities, drink bottled water or wear braces. Talk to your dentist about whether your child might need additional fluoride treatment to help ensure healthy teeth as he or she grows.

It's never too early to begin a lifetime of good dental health.
Learn more about fluoride at
floridabluedental.com/fluoride-kids.

Don't have a dentist for your child yet?

Visit floridabluedental.com/find-a-dentist to find a dentist near you.

Fluoride facts

Acid, plaque and germs can damage teeth. Fluoride can help **rebuild** weak teeth and **reverse** early signs of damage.

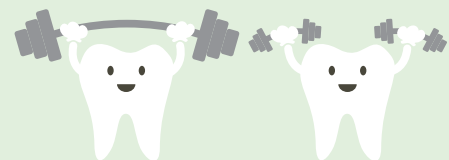


Fluoride can **strengthen permanent teeth** even before they come in.



Fluoride is typically added to **toothpaste** and **mouthwash**, but also adding fluoride to **drinking water** has reduced cavities in children and adults by at least

25%



Additional fluoride treatments help ensure **healthy teeth**.

Dental plans are offered by Florida Combined Life Insurance Company, Inc. (FCL), an affiliate of Florida Blue and an Independent Licensee of the Blue Cross and Blue Shield Association.

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773). FEP: Llame al 1-800-333-2227.

ATANSYON: Si w pale Kreyòl ayisyen, ou ka resevwa yon èd gratis nan lang pa w. Rele 1-800-352-2583 (pou moun ki pa tande byen: 1-800-955-8770). FEP: Rele 1-800-333-2227.