

Busting the Myths About Fluoride

4 Things That Dentists Wish You Knew From the #1 Dentist & Hygienist Recommended Fluoride Brand*

MYTH Fluoride is a dangerous chemical

The FACTS:

Fluoride occurs naturally and is nature's cavity fighter^{1,2}

Fluoride is a natural element that has been added to drinking water and used to fight cavities for over 70 years. Studies show it can **reduce dental health problems** and **lower dental costs**.

MYTH Adults don't need fluoride

The FACTS:

Fluoride is even more important as you get older³

Over time, the foods you eat, dental work and conditions like dry mouth increase your chances of getting a cavity. That means **fluoride is essential to dental health** as you get older.

MYTH Rinse with water after brushing and flossing

The FACTS:

The ADA recommends rinsing with a fluoride mouthwash⁴

Finish strong with a fluoride rinse to deliver fluoride in places brushing may miss.

Here's what the ADA recommends:

- Brush with a fluoride toothpaste
- Floss away remaining food particles
- Rinse with a fluoride mouthwash

MYTH It's fine if cavities form in baby teeth⁵

The FACTS:

Cavities can harm your child's developing adult teeth⁵

The bacteria that cause cavities can harm your child's developing adult teeth.

Fluoride helps strengthen teeth and helps prevent cavities.

*Among OTC mouth rinses. 1. American Dental Association. Fluoridation FAQs. <https://www.ada.org/en/public-programs/advocating-for-the-public/fluoride-and-fluoridation/fluoridation-faq>. Retrieved November 16, 2020. 2. American Academy of Pediatrics. The Debate Over Fluoridated Water. <https://likemyteeth.org/fluoridation>. Retrieved December 4, 2020. 3. Cavities/tooth decay. The Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/cavities/symptoms-causes/syc-20352892>. Retrieved October 20, 2020. 4. Home Oral Care Recommendations to Reduce the Risk of Caries and Gum Disease. American Dental Association. https://www.ada.org/-/media/project/ada-organization/ada/ada-org/ada/ada/science-and-research/files/homeoralcare_web_final_july2018.pdf?rev=8bf5913e5c184337bd0643ebdf157a69&hash=71BCB4C495CC5ABCE22A9261E3188B7A. Retrieved December 8, 2020. 5. What Every Parent Needs to Know About Baby Teeth. (December 21, 2017). University of Illinois Chicago College of Dentistry. <https://dentistry.uic.edu/patients/baby-teeth-oral-health>. Retrieved October 15, 2020.