



Fluoride

Tooth decay is generally avoidable these days, largely thanks to the use of fluoride, a naturally occurring mineral which plays a significant role in strengthening the ability of your teeth to fight off the effects of decay.

Natural and effective

Fluoride is a naturally-occurring mineral that's found in rocks and soil, vegetables and grains, as well as in fresh and salt water. The fluoride found in the environment however is not enough on its own to protect your teeth, which is why small supplemental amounts are added to the water supply, as well as into toothpaste, gels and other dental products.

Protecting your teeth

Fluoride helps to significantly reduce tooth decay. It gives teeth extra strength when they're developing so they are better able to resist the bacterial acid that causes tooth decay plus it slows the growth of bacteria in your mouth known as plaque which leads to tooth decay.

While brushing with fluoridated toothpaste is the most effective way to receive fluoride, taking it through tap water has a considerable effect on the ability of your teeth to fight tooth decay. If you require a fluoride top-up, we can apply high-fluoride products such as gels, and varnishes to your teeth.

We may also suggest the use of fluoride supplements, for people living in non-fluoridated communities.

Fluoridation

Fluoridation means that fluoride has been added to your water supply. This has occurred in many Australian towns and cities since the mid-1960s and is often hailed as one of the great public health achievements of the last century. It has proven so effective at reducing tooth that health and dental organisations around the world such as the Centers for Disease Control, and the Australian Medical Association strongly endorse its use.

Health Benefits

Fluoride consumption has been scientifically-proven to be of considerable benefit to consumers, with negligible adverse reactions. While "dental fluorosis", small flecks which appear on tooth enamel, can result from ingesting too much fluoride, it's rarely visible, and does not damage teeth and usually only results when young children are exposed to large amounts of adult strength fluoride toothpaste.

Overall, the benefits of fluoride are considerable. It remains the most cost-effective, fair and naturally-occurring way to keep your teeth healthy. And remember, to make the most of the advantages it affords you, you need to brush twice a day, maintain a healthy, balanced diet, and visit the dentist on a regular basis.

(Based on the Australian Dental Association statement)

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