

Raymond Maturo, DDS, MS
Fernanda Fontes, DS, MS
2074 South Main Street
Ann Arbor, Michigan 48103
734.663.2490

Fluoride is important:

- To prevent developmental holes in permanent teeth.
- To prevent cavities and to remineralize or heal the tooth's surface.

99% of prevention is done at home.

Please clean your mouth after meals (or drink water to rinse mouth if away from home) and brush before bed. Floss one time a day. Thank you!

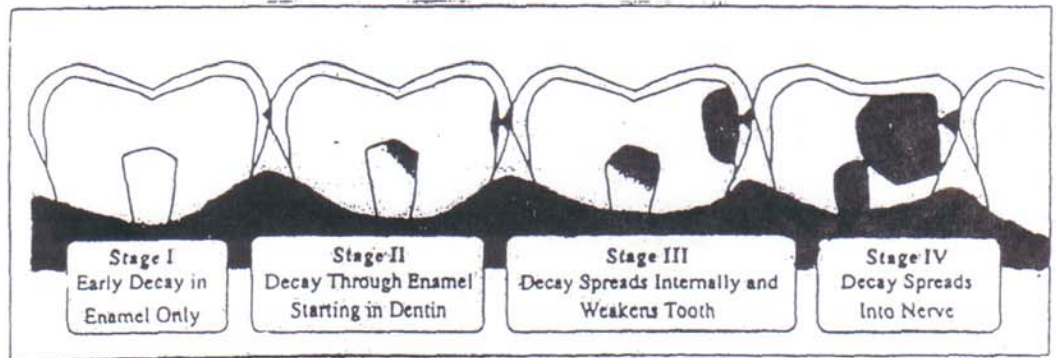


Figure. The four stages of caries progression.

At Stage I, there is a chance to heal your tooth with many doses of fluoride (small amounts) on your teeth by brushing three times per day for at least one minute each time. The healing process is called remineralization.

If you filter city water the ONLY FILTER that does not take out fluoride is the "Brita" filter. Reverse osmosis filters on well water takes out ALL of the fluoride. Children with below level fluoride get 2 to 10 new cavities a year.

FLUORIDE CONTENT OF SOME BOTTLED WATERS TESTED:

For bottled water: please buy one of these. They contain enough fluoride!

Product Name: Fluoride Content (.7 to 1.0 is optimal)

Absopure w/Fluoride	1.0
Crystal Geysler	0.75
Dannon w/Fluoride	1.0
Gerber w/Fluoride	1.0
Ice Mountain	0.78
Nursery w/Fluoride	1.0
Tipperary	0.55

Stannard, J.G., J. Rovero, A. Tsamtsouris, and V. Gavris, 1990. Fluoride content of some bottled waters and recommendations for supplementation. *J. Pedod* 14(2): 103-7

For adequate fluoride the following is needed:

<u>Age</u>	<u>Amount of water per day</u>
Infant to age 3	1 cup
3 to 6 years of age	2 cups
6 to 16 years of age	4 cups

How much water does your body need? Everyone is different. To get a rough idea, divide your weight by two and drink that many ounces per day. For example, a 40 pound child should drink 20 ounces a day (40 divided by 2 = 20). Kids who are in sports, who are mouth breathers, have allergies or are asthmatic, should drink more. Dry mouths grow more decay.