

**Fluoride: A Shield Against Cavities**



**Water**



**Does your water have the right amount of fluoride in it to stop cavities???**

Fluoride in drinking water is one of the least expensive and easiest ways to help stop cavities. Ask your dentist if your water has fluoride in it. If your water does not have fluoride in it, ask the dental staff what YOU can do to support water fluoridation. One more thing... to be most effective, you should DRINK fluoridated water daily. Give your children water to drink instead of sweet drinks. If your water doesn't have fluoride in it, your dentist or doctor may prescribe fluoride tablets or drops for your children.

**Fluoride can be found in:**

- Drinking Water
- Toothpaste
- Fluoride Mouthrinse



**Toothpaste**

**Do you use a toothpaste with fluoride in it???**



Fluoride toothpaste helps stop cavities in both children and adults. Children under the age of six should use a "pea-sized" dab of fluoride toothpaste.

**Fluoride Works for People of All Ages...**

Fluoride prevents cavities by making your tooth enamel stronger. Fluoride can even keep weak spots in your tooth enamel from turning into cavities.

**The Cavity-Fighters**

- Fluoride**
- Sealants**
- Snacks and Drinks with NO Sugar**
- Daily Brushing**



**Fluoride Mouthrinse**



**Do you use a mouthrinse with fluoride in it???**

Fluoride mouthrinse is another way to help stop cavities. There are many brands that you can buy at the grocery and drug store. Just follow the directions on the bottle. Some children get fluoride mouthrinses in school. This is great!

This Native American patient brochure is reprinted with permission from Public Health Dentists serving Native Americans.

***They Feel Their Best with You and Crest.***