

Fluoridation

The addition of fluoride to drinking water is primarily done to reduce the overall amount of dental decay (cavities). This addition has been happening since 1945 in the United States and in parts of South Australia since 1971.

Since then, there has been a growing use of fluoride-containing toothpastes which are highly recommended by the dental profession.

Other products containing fluoride are some mouth rinses, fluoride tablets and fluoride drops.

People should continue to purchase fluoride-containing toothpastes. To ensure continued benefits of fluoride decay prevention, please note the following recommendations:

- Specific advice on the appropriate use of fluoride may be obtained from your local dental surgery or school dental clinic.
- Residents living in areas without fluoride additions to the water may be advised by dental personnel to use fluoride drops or tablets. The recommended dose is dependent on the fluoride level naturally occurring in the water supply and access to other fluoride sources.

For advice regarding the maintenance of safe and effective fluoride intake, especially for children, please speak to your dentist or school dental clinic.

Further information

For further information on fluoride, please visit the following websites:

Australian Dental Association (ADA) at
<http://www.ada.org.au>

SA Dental Association at
<http://www.sadental.sa.gov.au/> - go to Resources