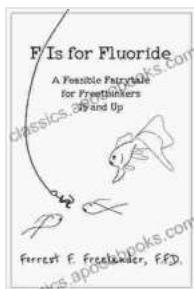


Is For Fluoride: The Ultimate Guide to the Benefits of Fluoride for Oral Health

Fluoride is a naturally occurring mineral that is found in trace amounts in water, soil, and some foods. It is also added to toothpaste, mouthwash, and other dental products to help prevent tooth decay.

Fluoride works by strengthening the teeth and making them more resistant to decay. It does this by replacing the hydroxyapatite crystals that make up the teeth with fluorapatite crystals. Fluorapatite crystals are more resistant to acid than hydroxyapatite crystals, which helps to protect the teeth from cavities.

Fluoride also helps to prevent cavities by inhibiting the growth of bacteria that cause tooth decay. These bacteria produce acids that can dissolve the teeth, but fluoride can help to neutralize these acids and prevent them from damaging the teeth.



F Is for Fluoride: A Feasible Fairytale for Freethinkers

15 and Up by Melissa Gallico

★★★★★ 5 out of 5

Language : English

File size : 11026 KB

Print length : 20 pages

Lending : Enabled

Screen Reader: Supported

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Fluoride has a number of benefits for oral health, including:

- **Prevents cavities:** Fluoride is the most effective way to prevent cavities. It can reduce the risk of cavities by up to 40%.
- **Strengthens teeth:** Fluoride helps to strengthen teeth and make them more resistant to decay.
- **Prevents gum disease:** Fluoride can help to prevent gum disease by reducing the growth of bacteria that cause gum disease.
- **Reduces tooth sensitivity:** Fluoride can help to reduce tooth sensitivity by blocking the transmission of pain signals from the nerves in the teeth.
- **Whitens teeth:** Fluoride can help to whiten teeth by removing stains and discoloration.

Fluoride is generally safe and effective for oral health. However, there are some potential risks associated with fluoride, including:

- **Fluorosis:** Fluorosis is a condition that can occur when too much fluoride is consumed. Fluorosis can cause white spots or streaks on the teeth. In severe cases, it can also cause the teeth to become brittle and weak.
- **Allergic reactions:** Some people may be allergic to fluoride. Symptoms of a fluoride allergy can include rash, itching, swelling, and difficulty breathing.

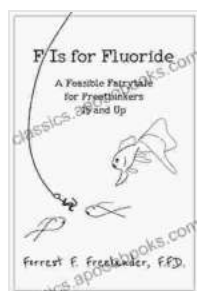
The recommended amount of fluoride for adults is 1 mg per day. Children under the age of 6 should get 0.5 mg of fluoride per day.

There are a number of ways to get fluoride, including:

- **Drinking fluoridated water:** Fluoride is added to the water supply in many communities. Drinking fluoridated water is the easiest way to get fluoride.
- **Using fluoride toothpaste:** Fluoride toothpaste is another good way to get fluoride. Look for toothpaste that contains at least 1,000 ppm of fluoride.
- **Using fluoride mouthwash:** Fluoride mouthwash can help to prevent cavities and strengthen teeth. Look for mouthwash that contains at least 0.05% fluoride.
- **Taking fluoride supplements:** Fluoride supplements may be recommended for people who do not get enough fluoride from other sources.

Fluoride is a safe and effective way to prevent cavities and improve oral health. However, it is important to talk to your dentist about whether fluoride is right for you.

If you have any concerns about fluoride, your dentist can help you to develop an oral health plan that meets your individual needs.



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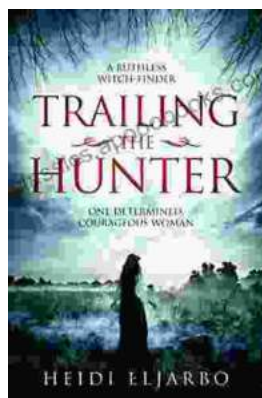
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