

PREVENTION FOR LIFE® – helping patients maintain oral health for a lifetime.

# FLUORIDE FACTS + BENEFITS FOR ADULTS



**Lifetime cost of treating one decayed molar!¹**

**70**

The number of years fluoride has been added to drinking water providing **25% more protection against tooth decay.**²



**92% of Adults**

In the U.S. have dental decay and nearly a third have untreated cavities.⁵

Drinking fluoridated water **reduces tooth decay in adults by 25%⁴**

## Did You Know?

**Fluoride exists naturally** in lakes, rivers, oceans, plants and in what we eat and drink. It's a mineral that is clinically proven to prevent tooth decay!³ Leading health and dental agencies (FDA, ADA, EPA, CDC) recognize the benefit of fluoride to our oral health. It has been added to drinking water for over 70 years, with a track record of providing 25% more protection against tooth decay than just brushing your teeth.⁴

## Do Adults Need More Preventive Care? Yes, They Do!

92% of US adults have dental decay and nearly a third have untreated cavities.⁵ Don't become part of these statistics – ask your dental care provider how you can prevent dental decay and maintain your oral health with regular fluoride varnish treatments.

## Will Insurance Cover the Cost of Fluoride Varnish?

Not all insurance plans cover fluoride varnish treatments for adults, but many do. Generally, the out-of-pocket cost is minimal and worth every penny. Your dentist will advise if you are at risk for cavities and help decide the best treatment for you. A fluoride varnish application might help you avoid bigger oral health issues in the future that could result in more invasive and expensive treatment.

## Fluoride Fear?

Much confusion exists about fluoride but here's the real scoop: systemic fluoride found in water and many foods gets incorporated into the actual structure of teeth as they're developing, making them stronger. Topical fluoride from most toothpastes or the fluoride varnish used by dentists is absorbed by the enamel of your teeth helping to protect them from the acid and bacterial buildup from the foods you eat and drink. And since varnish dries in seconds upon contact with saliva, there is no worry of fluoride ingestion! Fluoride is not only safe, but immensely beneficial to your overall oral health.

## Should You Get Regular Fluoride Varnish Applications at Your Dental Office?

**Yes!** Research, not hype, proves that fluoride varnish is very safe and very effective in helping to decrease dental decay rates in adults and kids. Children routinely receive fluoride varnish treatments but adults need the same great preventive care! Your dental hygienist will simply swipe the varnish over your teeth at the end of your regular cleaning. It takes less than a minute but provides powerful protection.

## The TOP Fluoride Varnish = Centrix FluoroDose®

FluoroDose tastes great, feels smooth on your teeth and goes on clear – no discoloration!

Available in 6 flavors: DraganBerry,™ Bubble Gum, Caramel, Cherry, Melon, and Mint.



1. [www.pewtrusts.org/en/research-and-analysis/data-visualizations/2013/water-fluoridation-many-still-dont-receive-its-benefits](https://www.pewtrusts.org/en/research-and-analysis/data-visualizations/2013/water-fluoridation-many-still-dont-receive-its-benefits)

2. <https://www.ada.org/resources/community-initiatives/fluoride-in-water/fluoridation-resources>

3. <https://www.cdc.gov/fluoridation/faqs/about-fluoride.html>

4. <https://americanfluoridationsociety.org/education/>

5. Health Policy Institute and ADA Untreated Caries Rates Falling Among Children, Rising Among Low-Income Adults and Seniors. Retrieved from <http://www.ada.org>

6. <https://www.ada.org/>

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