

# Water Fluoridation

## What is it and What does it look like in Canada?

Fluoride is an essential nutrient that many Canadians have access to in their own homes

### Why is fluoride important?

Dental cavities start to form when minerals in the teeth are lost from acid made by bacteria in dental plaque. Fluoride is a mineral that has the ability to prevent that loss of tooth minerals, keeping teeth healthy! (American Dental Association, 2018)



### Where do we get fluoride?

Fluoride can occur naturally in water sources, however about 38.7% of Canadian water systems add fluoride into the water during treatment for communities to still have access to it! (Public Health Agency of Canada, 2017)

38.7%



### Why is water fluoridation needed?

Fluoridating water provides everyone access to enough fluoride to do its job. This way even people that can't see a dentist will have less dental issues! (Government of Canada, 2017)



#### Can I get too much fluoride from water?

It's not likely, Canada has an optimal fluoride level of 0.7 milligrams per litre (Government of Canada, 2017). That's enough to help your teeth and is normally too low to cause any risks. (U.S. Department of Health and Human Services, 2015)



#### Is water the only way for me to get fluoride?

There are other a number of other ways that you can get fluoride to protect your teeth. For example, there a lot of toothpastes that have fluoride added to them. You can even see it on the label of your tube!

## IN SHORT:

Fluoride is important to our dental health. In many parts of Canada we add fluoride to the water so everyone can have enough of it to keep our teeth healthy, and our smiles happy!

