



Fluoride —for a sensational smile!

Fluoride is a mineral that is found naturally in many things we eat or drink. It is nature's way of helping to prevent cavities. Professional strength (in-office fluorides) and low strength (home fluorides) each play important roles in helping to keep your teeth for life. In the lifelong fight against cavities, both adults and children benefit from in-office treatment and home fluorides.

Professional in-office fluoride products are highly concentrated and can only be applied by a dental professional.

Professional in-office fluorides make teeth stronger and even heal weakened areas. Over time, the high level of fluoride provided by the in-office fluoride treatment will gradually be released from teeth. This is where low strength home fluorides, such as toothpastes and mouth rinses, play a valuable role. These home fluorides are an important complement to the office treatment by replenishing and maintaining a beneficial level of fluoride in the teeth. Think of office fluoride treatments and home fluorides as your "one-two punch" in the lifelong fight against cavities.

Do I need fluoride?

Here are some quick questions to ask yourself to answer the question of whether or not you need fluoride:

- ◇ No fluoride in your drinking water as a child
- ◇ No fluoride in your drinking water now
- ◇ Drinking filtered or bottled water
- ◇ Have receding gums or history of gum disease
- ◇ Have multiple fillings and/or crowns
- ◇ Strong family history of dental decay
- ◇ Mouth feels dry; take medications that cause dry mouth; or breathe through your mouth
- ◇ Currently have orthodontic braces
- ◇ Have sensitivity to hot, cold or touch
- ◇ Use home whitening products
- ◇ Have limited hand dexterity
- ◇ Use chewing gum, lozenges or hard candy or strong breath mints between meals
- ◇ Irregular dental office visits
- ◇ Currently or history of undergoing chemotherapy or radiation therapy
- ◇ Teeth that just don't feel clean or have food traps
- ◇ Any dental work done in the past year
- ◇ Snack frequently between meals
- ◇ Sip on beverages throughout the day (other than water)
- ◇ Use tobacco products of any type
- ◇ Grind or clench teeth frequently
- ◇ Floss less than once per day
- ◇ Suffer from acid reflux

If you answered yes, then ask your hygienist for a fluoride treatment