Did You Know

about Fluoride?

Fluoride is a mineral that provides incredible protection against cavities. In fact, water fluoridation has been called one of the greatest public health achievements EVER. Fluoride is very safe and inexpensive, too.

You may need *more* fluoride if any of these apply to you:

- No fluoride in drinking water
- Receding gums or gum disease
- Any cavities in your mouth
- Suffer from dry mouth
- Wear orthodontic appliances
- Sensitive teeth (cold, hot, pressure)
- Use home whitening products
- Limited hand dexterity
- On chemotherapy or radiation to the head and neck
- Acid reflux
- Snack frequently, sip drinks (other than water)
- Mouth breathing
- Problems brushing/flossing enough

How does it work?

Fluoride attaches to the tooth and reinforces the surface of the tooth, making it less vulnerable to acid attack and cavity causing bacteria.

Fluoride works best topically, the more it is in contact with your teeth, the better. There is almost no effect on your teeth from swallowing fluoride.

CURRENTLY ACCEPTING NEW PATIENTS:

PLEASE CALL 402-330-2243

Pacific Hills Dental

How was Fluoride discovered? Is it natural?

The US military screening soldiers found that some who lived in Colorado had cavity free teeth (even though some didn't brush very well!). Paradoxically, others from different areas brushed well, but still had cavities… Those Coloradoans had *naturally high* amounts of fluoride in their drinking water!

Prevention

Preventing cavities and damage to your teeth should be your highest priority for your oral health. At Pacific Hills Dental, we believe in prevention and can help you reduce your risk for cavities and other oral health problems.

If you would like to discuss fluoride or any other issue, please contact us and we will be glad to help.

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