

### Facts about Water Fluoridation in Victoria!

Do you remember when Water Fluoridation commenced in Victoria? 1977 is the correct answer. Kooweerup has fluoridated water, unless you drink tank water. Did you know that globally, more than 350 million people benefit from community water fluoridation programs.

Fluoride is not an artificial compound or some sort of medication, it is a naturally occurring mineral found in rocks and soil, vegetables and grains, and both fresh and salt water. Unfortunately the fluoride found in the environment is not sufficient on its own to protect our teeth.

Tooth decay occurs when acid corrodes the outer surface of the tooth. Mouth bacteria produces this acid from sugary food and drinks. Fluoride helps to strengthen the tooth's mineral structure, acting like a repair kit. It repairs the early stages of tooth decay before it becomes permanent.

Studies have found that children aged 5 to 6 years of age, whom have lived more than half their lives with fluoridated water have 50 per cent less tooth decay in their baby teeth, compared to children not living in fluoridated areas.

And, children aged 12 and 13 years old, whom have lived more than half their lives with fluoridated water have 38 per cent less tooth decay in their adult teeth, compared to children not living in fluoridated areas.

Since the mid 1990's tooth decay figures have been rising. By the age of 6 years old, more than half of Australian children have already suffered from tooth decay. Most probably due to modern diet, high levels of sugar, and drinking soft drinks, sports drinks and other heavily sugared drinks.

Lastly to dispell a few common misconception:

- 1. *Infant formula is safe for consumption when using fluoridated water.***
- 2. *There is no credible evidence linking water fluoridation to thyroid disease, cancer or kidney health.***

Just remember that a healthy diet, good oral hygiene, brushing with fluoride toothpaste and regular dental check ups will help ensure teeth and gums stay healthy. Add to this equation fluoridated drinking water and you offer teeth further protection.

Good dental health has a direct impact on your overall health !

