

# Dental Fluoride

Omega Wellness

Dr. B. P. Winston

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- There has been multiple televised discussions about whether to fluoridate (add fluoride) to tap water.
- There are dentists who both support and despise fluoridated tap water.
- This is a hot topic for several reasons.

# Fluoridated Water BLUF:

- Natural Cavity Prevention Starts With Your Diet.
- Cavities are not caused by a lack of fluoride but rather are often associated with dietary and lifestyle factors to include:
  - Consistent use of [refined sugar](#), sugary soft drinks and processed foods in general
  - Poor dental hygiene and poor access to and utilization of dental health services, usually related to socioeconomic status
  - More than 600 medications promote tooth decay by inhibiting saliva
  - Children going to bed with a bottle of sweetened drink in their mouth, or sucking at will from such a bottle during the day
  - Mineral deficiencies, like [magnesium](#), which can weaken bones and teeth

# Conclusion

- Fluoridated water is supported by the American Dental Commission.
- There are several organizations that have highlighted the effects of elevated fluoride levels.
- In my opinion, fluoridated water is important, but, it does not take precedence over good dental hygiene and a healthy diet.