



Water Fluoridation

Brief Summary

Description:

Water fluoridation is the adjustment of natural fluoride concentration of fluoride i.e., to adjust fluoride deficient water to the level recommended for optimal dental health. The three types of fluoride that are used to fluoridate water are sodium fluoride, sodium fluorosilicate and fluorosilicic acid. The optimum level of fluoride in the water varies depending on the air temperature and geographic location (range 0.7-1.0 ppm).

Description:

Water fluoridation is effective in reducing tooth decay in children by 14%.

Safety:

In a review on safety and efficacy that included 59 publications, 3 systemic reviews and 3 guidelines except for fluorosis no other adverse side effects were reported.