



ORAL HEALTH AND COMMUNITY WATER FLUORIDATION (CWF) IN NOVA SCOTIA

Fluoride is a naturally occurring mineral that can help strengthen teeth and prevent cavities. Extensive scientific research over many decades has proven that Community Water Fluoridation (CWF) is a safe, effective, equitable and cost-effective public health measure.

Quick Facts on Fluoride:



Drinking fluoridated water keeps teeth strong and reduces tooth decay by approximately 25% to 30% in children and adults.



\$1 invested in CWF saves \$38 in dental treatment costs.



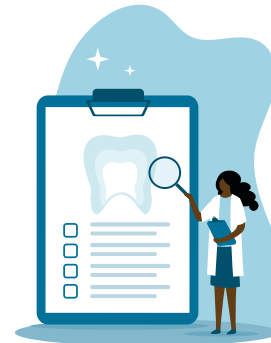
The cost to fluoridate water for one person in a lifetime can be less than the cost of filling 1 tooth.



Tooth decay is the most common health condition in children. It is also the #1 reason for day surgery among preschoolers.



The Centre for Disease Control and Prevention has named CWF as one of the 10 great public health achievements of the 20th century.



Proven Scientific Research

Trusted organizations like the Canadian Dental Association continue to monitor new research. The benefits of water fluoridation in preventing tooth decay have been well-documented for over 75 years. The main conclusion that can be drawn from most recent science is that there is no connection between lower IQ and the level of community water fluoridation in Nova Scotia.



Addressing Misinformation

Misinformation about fluoride is widespread, particularly on social media. Your dentist is best positioned to answer questions about fluoride and advise you on what's best for the dental health of you and your children.

For more information on the safety and benefits of fluoride, please visit <https://nsdental.org/fluoride-in-nova-scotia/>.