

WHY USE FLUORIDE TOOTHPASTE?

Fluoride is absorbed into the tooth enamel making the tooth more resistant to decay. New teeth especially can benefit from fluoride, and school-aged children are getting their new adult teeth.

Daily use of fluoride toothpaste is a cheap and easy way to protect children's teeth from decay. A small amount of toothpaste about the size of a pea, used twice each day, is all you need.

Public water supplies on Vancouver Island do not have fluoride added. Therefore, it is very important to use fluoride toothpaste.

Spit out after brushing – don't rinse! This will allow small amounts of fluoride to stay in the mouth. The fluoride can help reverse areas of early tooth decay and slow down the decay process.

Toothpastes with special adult ingredients such as "anti-tartar", "whitening", and "anti-bacterial" agents are not recommended for children under age 12.

For more information:

- ◆ Island Health, Public Health - Dental:

Saanich Health Unit	250-519-5100
Esquimalt Health Unit	250-519-5311
Peninsula Health Unit	250-544-2400
West Shore Health Unit	250-519-3490
Duncan Health Unit	250-709-3050
Nanaimo Public Health	250-755-3342
Port Alberni Public Health Services	250-731-1315
Comox Valley Health Unit	250-331-8520
Campbell River Health Unit	250-850-2110
Port Hardy Health Unit	250-902-6071