Community Water Fluoridation – An Easy Solution

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Teeth are important. They help us eat, talk, and smile. We all love beautiful, healthy teeth. Healthy teeth also directly contribute to good oral health, which directly contributes to overall health. What is the easiest way to keep our teeth healthy? The answer is fluoride.

Fluoride is a naturally occurring mineral found in bones and teeth. It is also found naturally in water, plants and even in many foods we consume. Without even knowing, we can strengthen our teeth everyday by drinking a glass of fluoridated water. Sadly, there are several communities in North Carolina that do not have this option. Larger cities add fluoride to their water systems in a process called community water fluoridation, while some counties have naturally occurring fluoride in their water already. For areas that do not have either, or who may be unable to integrate into a larger water fluoridation system, there is now a solution. KC Industries has collaborated with the Centers for Disease Control and Prevention to develop an easily accessible, affordable solution called "New Wave fluoridation tablet and feeder system." Quoting the American Dental Association, "it's a game changer" for small communities to have a cost-effective access to daily fluoride.[1]

Steve McCarter, President of KC Industries, highlighted several important facts regarding community fluoridation, its importance and the New Wave fluoride system:

| *Water with fluoride is safe to drink* | *Drinking fluoridated water has several benefits* | *Natural and synthetic sources of fluoride are beneficial* | *The New Wave fluoridation feeder & tablet system will not stain your teeth* | *The New Wave fluoride tablet system is cost effective* |

- *Water with fluoride is safe to drink*
  Fluoride is a mineral known to be safe and effective at preventing tooth decay. In a 24-hour time frame, adults would need to drink 1,220 glasses of fluoridated water to reach a toxic dose. Comparable high numbers of glasses for teens and children would have the same effect. For infants zero to six months old, it would take approximately 140 glasses to reach a toxic dose. Reaching these levels is nearly impossible for any age group, because a toxic dose of water would be reached long before a toxic dose of fluoride.[2]

- *Drinking fluoridated water has several benefits*
  Fluoride in the water is the most effective way to prevent the most common childhood disease, tooth decay. The CDC says community water fluoridation prevents at least 25% of tooth decay in children and adults.[3] It not only prevents tooth decay but it can slow down or stop the decay process.

- *Natural and synthetic sources of fluoride are beneficial*
  It is both safe and beneficial to drink water that has naturally occurring fluoride or added fluoride. The tablets that we use are not synthetic. They are made from natural fluoride.

- *The New Wave fluoridation feeder and tablet system will not stain your teeth*
  Too much fluoride swallowed during the early childhood years can cause teeth discoloration. However, New Wave is not designed to discolor teeth, because only the optimum amount of fluoride goes into the water system. The CDC deems the optimal amount is 0.7ppm for the prevention of tooth decay.

- *The New Wave fluoride tablet system is cost effective*
  For a community of 5,000, it only costs about 0.85 - 0.95 cents per person per year. This is much lower than the cost of getting even one cavity fixed at the dentist.

With over 75 years of evidence supporting community water fluoridation, it remains one of public health's top ten greatest achievements. The New Wave tablet feeder system is a realistic solution for communities previously facing cost or other barriers to community water fluoridation access. Questions or inquiries about the system can be answered by KC Industries directly by emailing them at inquiries@kcindustries.com.