



Adult Patient Education: What is Fluoride?

Improve Your Checkups with the Natural Powers of Fluoride

ACT® Does More

Of course, the daily use of a fluoride toothpaste is a vital part of any successful oral care program. But you may be shortchanging yourself if you rely on toothpaste alone. In fact, using a traditional mouthwash after brushing can wash away the fluoride your toothpaste left behind, greatly diminishing its effectiveness. Using ACT, which contains the maximum amount of fluoride available without a prescription, is a simple, once-a-day solution to make sure every member of your family gets the fluoride they need.

Most People Don't Get Enough Fluoride

You never stop needing fluoride. The simple truth is that most people – kids and adults alike – don't get enough. Consider the facts:

- 85% of all adults experience tooth decay.¹
- More than 60% of adults will lose a permanent tooth due to cavities.²
- Over 39% of the U.S. population does not receive fluoridated water through public water systems.³
- The majority of bottled waters do not contain optimal levels of fluoride. And, some types of home water treatment systems can reduce the fluoride levels in water supplies.⁴

What is Fluoride and How Does it Work?

Fluoride is a natural mineral that can safely strengthen teeth to help prevent tooth decay and permanent tooth loss, which is usually caused by acids released by bacteria found in plaque. When a tooth's surface is weakened by decay, fluoride can be absorbed into the weakened tooth surface to rebuild the enamel. Amazingly, the new tooth material created by this rebuilding process is even more durable than the original.

Visit actfluoride.com for more information on the important role that fluoride plays in maintaining a healthy smile.

www.actfluoride.com



¹ Oral Health in America: a report of the U.S. Surgeon General, 2000:63, 74-94, 245.
² National Institutes of Health, U.S. Department of Health & Human Services, 'Diagnosis and Management of Dental Caries Throughout Life,' Vol. 18, Number 1, March 2001.
³ CDC Fluoridation Statistics 2000: Status of Water Fluoridation in the United States.
⁴ American Dental Association website (www.ada.org).