

All About Fluoride

in Miami-Dade County



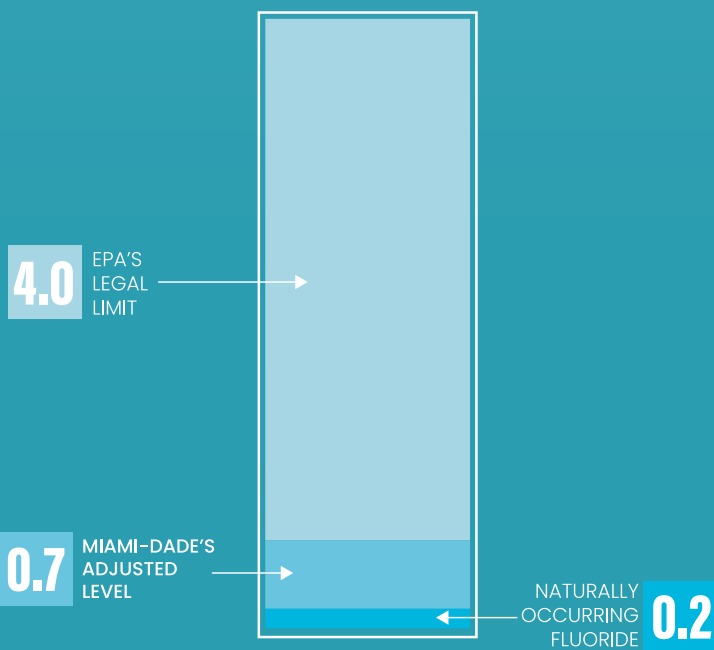
Why does Miami-Dade add fluoride to drinking water?

- Miami-Dade County has added fluoride to the water since 1958 as a health measure to prevent tooth decay in children and adults, following the guidance of dentists and medical experts.

Is fluoride safe?

- Fluoride is a mineral that occurs naturally in the water and even in food.
- Miami-Dade County's water has naturally occurring fluoride levels of approximately 0.2 mg/L. We adjust it to 0.7 mg/L to meet the level recommended by health experts to protect dental health.

Fluoride Levels in Miami-Dade's Drinking Water



Recommended by the experts

This practice, called fluoridation, is recognized as safe and effective by associations of health professionals and medical experts, including the American Dental Association (ADA), and the American Academy of Pediatrics (AAP).

How does fluoridated water protect our health?

- Helps prevent tooth decay in children and adults by strengthening developing and mature teeth and even reversing newly formed cavities.
- Ensures all families have access to fluoride to protect their teeth, especially those who can't afford expensive dental insurance or regular care.

What happens if we stop adding fluoride to the water?

- It could have real and lasting harm, especially for vulnerable children and families who can't afford regular dental visits.
- More children will experience poor oral health and even dental emergencies, causing them to miss school and have trouble concentrating due to dental pain.
- More parents will have to take time off work and families who are already struggling will face additional financial strain.
- The consequences go beyond just cavities – oral health is closely linked to overall health. Dental problems increase the risk of other ailments from cardiovascular disease to diabetes.

Ending fluoridation in other communities caused lasting harm

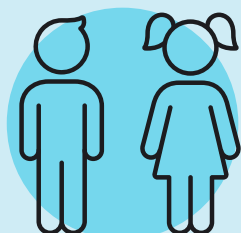
Pinellas County (Florida), Buffalo (New York) and Calgary (Canada) tried ending fluoridation. What happened?

- Saw a decline in dental health and an increase in cavities and emergency dental visits.
- Brought fluoride back to the water when they saw the consequences, at a steep cost to both public health and taxpayer dollars.
- The City of Buffalo is fighting a class action lawsuit by parents of children who experienced dental issues that could cost their taxpayers more than \$160 million.

Myths vs. Facts

Myth

Fluoridated water affects children's health, affects their development, lowers their IQ and causes ADHD.



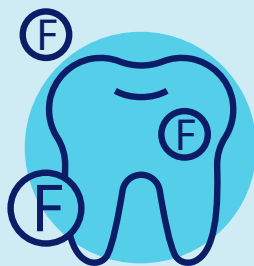
Fact

Health studies show no adverse effects on IQ or developmental health at the recommended level of 0.7 mg/L.

Studies that link lower IQ in children with high levels of fluoride exposure were conducted at rates about double the amount of fluoride that's found in Miami-Dade's and other municipal water systems.

Myth

Fluoride is a toxic chemical.



Fact

Fluoride is a naturally occurring mineral found in water and even some foods.

There is no evidence that fluoride, when consumed at low levels, affects anyone's behavior, cognition or overall health.

Myth

Fluoride is a mass medication used without public consent.



Fact

Fluoride is a nutrient, not a drug. Like vitamin D in milk or iodine in salt, it helps improve health.

Myth

We get enough fluoride from toothpaste – we don't need it in the water too.



Fact

We need both!

Topical fluoride, found in some toothpastes, strengthens teeth already present in the mouth, making them more resistant.

Fluoride in drinking water helps build strong teeth, especially in young children as their teeth are still developing.