

**Pediatric Dentistry Fluoride Service
 UCONN Health Center
 Farmington, CT 06030-1610**

Fluoride is a very effective way of reducing dental caries or tooth decay. Fluoridation of city water supplies greatly reduces dental decay and is considered an ideal public health measure because of its effectiveness, relative cost, and does not require any conscious daily effort to receive the benefits. Water supply companies within Connecticut which provide services to at least 20,000 residencies make sure that the water has the optimum, 1ppm fluoride. Unfortunately, homes that use well water or other smaller water companies do not necessarily contain the optimum amount of fluoride and therefore may not be receiving adequate daily fluoride. Fluoride is extremely beneficial during the years that teeth are developing since it becomes part of the developing tooth and makes it more resistant to tooth decay. So it is important to evaluate the fluoride intake of every child to identify those who would benefit from fluoride supplementation.

Fluoride supplementation recommendations have been established by the Academy of Pediatric Dentistry and is the following:

Patient's Age	Level of Fluoride Found in the Water		
	less than 0.3ppm	0.3-0.6ppm	more than 0.6ppm
0-6 months	0 mg F	0 mg F	0 mg F
6 months - 3 yrs	0.25 mg F	0 mg F	0 mg F
3 yrs - 6 yrs	0.50 mg F	0.25 mg F	0 mg F
6 yrs - 16 yrs	1.00 mg F	0.5 mg F	0 mg F

Although fluoride supplementation in children not receiving adequate fluoride is desired, the water supply must be tested in those homes in question to determine how much fluoride is present in the water. There are well water systems within Connecticut which have adequate fluoride levels or even above those which are desired. If the fluoride level is determined to be too high, we may recommend ways to reduce the fluoride intake. We often would recommend using bottled water for all drinking and cooking, or buying a special filter which will remove the fluoride from the water. When a prolonged period of high fluoride consumption occurs, a condition called fluorosis can result which usually is primarily a cosmetic problem. The Pediatric Dentistry Department at the University of Connecticut offers to test water samples for fluoride content. Upon request we will send a kit which includes a vial to collect the water and the return labels for you to mail the water sample container back to us. We will analyze the water sample for fluoride content and send the results back to the home and the pediatrician or dentist that will evaluate the results. To obtain a kit, please send a check or money order made out for \$20 to the UCONN Health Center and include the requester's address and phone number on the check to:

The Fluoride Service, Pediatric Dentistry, MC 1610
 UCONN Health Center
 263 Farmington Ave.
 Farmington, CT 06030-1610

It would be helpful if the name of the child is also included so that the Doctor's office receiving the results will be able to accurately identify the correct child. If you have any other questions, please contact us at (860)679-2805.