

WHY ADULTS NEED FLUORIDE

Think kids are the only ones that need extra fluoride? Think again.

According to the Centers for Disease Control and Prevention, 91% of adults over the age of 20 experience tooth decay.¹ That's why it's so important for adults to brush their teeth twice a day and use fluoride to help protect their oral health for years to come.

Adults are at an increased risk for tooth decay²⁻⁵

As we age, the risk of getting cavities increases. Getting enough fluoride is essential for helping to combat cavity-causing culprits. Some of the most common causes are:

- Dry mouth
- Diets high in carbohydrates
- Poor oral hygiene practices
- Lack of exposure to fluoride
- Exposed root surfaces
- Use of removable/partial dentures
- Tobacco, drug or alcohol use

Fast fluoride facts

- **Fluoride is a mineral** that can safely **strengthen teeth** to **help prevent tooth decay** and permanent tooth loss.
- Over 33% of the U.S. population does not receive fluoridated water.⁶
- The **majority of bottled waters do not contain optimal levels of fluoride**. And some types of home water treatment systems can reduce fluoride levels in water supplies.⁷
- Increased exposure to fluoride can help protect your teeth from acid erosion. Using ACT® Anticavity Fluoride Mouthwash daily can **help reduce cavities** and **lead to up to 4x stronger teeth⁸** – which can help prevent costly tooth decay.

References:

1. Dye, Bruce A., et al. (2015, May 13). Dental caries and tooth loss in adults in the United States, 2011–2012. *NCHS Data Brief*, 17. <https://www.cdc.gov/nchs/products/databriefs/db197.htm>. 2. Beltrán-Aguilar, E.D., et al. (2005). Surveillance for dental caries, dental sealants, tooth retention, edentulism, and enamel fluorosis—United States, 1988–1994 and 1999–2002. *MMWR*, 54(03):1–44. 3. Featherstone, J.D.B. (2006). Caries prevention and reversal based on the caries balance. *Pediatr Dent*, 28:128–132. 4. Tugnait, C.V. (2001). Gingival recession—its significance and management. *J Dent*, 29:381–94. 5. Steele, J.G., et al. (1997). Partial dentures as an independent indicator of root caries risk in a group of older adults. *Gerodontology*, 14(2):67–74. 6. Centers for Disease Control and Prevention. (2016, Aug 19). Community water fluoridation. <https://www.cdc.gov/fluoridation/statistics/2014stats.htm>. 7. Mouth Healthy. (2018). Bottled water. <https://www.mouthhealthy.org/en/az-topics/b/bottled-water>. 8. In lab studies vs. rinsing with water (baseline). Applies only to 0.05% fluoride formulas. 9. Among OTC mouth rinses. 10. Mouth Healthy. (2018). Top 9 foods that damage your teeth. <https://www.mouthhealthy.org/en/nutrition/food-tips/9-foods-that-damage-your-teeth>. 11. Mouth Healthy. (2018). 4 reasons water is the best beverage for your teeth. <https://www.mouthhealthy.org/en/nutrition/food-tips/water-best-beverage>.

5 things you can do to protect your oral health



Practice good oral hygiene

This means brushing twice a day, flossing daily and rinsing once a day with a fluoride mouth rinse like ACT® Anticavity Fluoride Mouthwash. ACT® Anticavity is the #1 dentist and hygienist recommended fluoride brand⁹ and has a gentle, pH-balanced fluoride formula that helps protect tooth enamel.



Eat smarter

What you eat matters to your mouth. Try to avoid consuming too much sugar or acid.¹⁰



Drink plenty of water

Drinking plenty of fluoridated water can help strengthen your teeth, wash away harmful, acid-eroding bacteria and keep your mouth hydrated.¹¹



Mind your medications

Did you know that over 500 frequently prescribed medications list dry mouth as a common side effect? Reduced saliva in the mouth can increase the risk of cavities. If you're experiencing dry mouth symptoms, drink plenty of water and use ACT® Dry Mouth Anticavity Fluoride Mouthwash at home or ACT® Dry Mouth Lozenges or Moisturizing Gum to help you hydrate on-the-go.



Regularly visit your dentist

As you age, your oral health needs change. Regular visits to your dentist are essential for maintaining the health of your gums and teeth, and can help prevent issues before they develop in the first place.



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