21st Century solutions for Good Oral Health4

Swallowing fluoride delays the eruption of teeth. When you delay the eruption of teeth, you delay the development of cavities. Delaying the development of cavities is no solution. Preventing cavities is the only solution.

Problem #1: Cavities

Solution: Dental Sealants – 70-90% of cavities are in pits and fissures. Although not a permanent solution Dental Sealants can last for many years. Cost is ~$28/tooth. Cost for 12 molars=$336.
Solution: Dental Floss – teach citizens how to use dental floss
Solution: Sugarless Gum (e.g. Xylitol) – sugar alcohol that does not promote cavities & may be caries-preventive
Solution: Calcium-Phosphate delivery systems (e.g., MI Paste)

Problem #2: Dental Fluorosis (destruction of tooth enamel by fluoride), Fluoride Bombs, Gum Disease, Tooth Fractures

Solution: Stop Artificial Water Fluoridation. The largest source of fluorides is from drinking water therefore the single largest cause of fluorosis disease is fluorides in drinking water.
http://www.newmediaexplorer.org/chris/Clinch_2009_Fluoride_and_Dental_Fluorosis.pdf
http://www.newmediaexplorer.org/chris/Clinch_2010_Fluoride_Bombs.pdf
http://www.newmediaexplorer.org/chris/Clinch_2010_Fluoride_Causes_Gum_Disease.pdf
http://www.newmediaexplorer.org/chris/Clinch_2010_Fluoride_Increases_Tooth_Fractures.pdf

Problem #3: Baby Bottle Tooth Decay (BBTD)

Solution: Education. Fluoride does not prevent BBTD. Parents must be taught that allowing sugary beverages to pool in a child's mouth for extended periods of time causes BBTD.

Problem #4: Dental education & care lacking for ~20% of the population in need

April 28, 2009, the CDA President stated that ~20 per cent of Canada's population experiences ~80 per cent of the cavities. Since low socio-economic groups currently using artificially fluoridated water have the **highest rates of cavities**, it seems evident that artificial water fluoridation does not prevent cavities, especially in these low-socio-economic groups, as claimed.