



**POSITION ON HEALTH CANADA'S STATEMENTS ON FLUORIDATION,
MOUTH RINSES, FLUORIDE SUPPLEMENTS AND FLUORIDATED
TOOTHPASTES**

June 10, 2011

The Ontario Association of Public Health Dentistry (OAPHD) supports the statements made by Health Canada regarding fluoride as outlined below:

Water fluoridation: Water fluoridation is endorsed as an effective method of preventing tooth decay. The optimal target concentration of fluoride as recommended by Health Canada is 0.7 mg/L in drinking water, which would prevent excessive intake of fluoride through multiple sources of exposure.

Mouth rinses: Fluoride mouth rinsing is not recommended for children under 6 years of age.

Fluoride supplements: The use of fluoride supplements is not recommended for the majority of Canadians. A health professional may wish to prescribe fluoride supplements to high risk groups in non fluoridated communities where the individuals are not able to obtain fluoride in any other form (e.g. toothpaste) and after they have completed a thorough analysis of their fluoride intake.

Fluoridated toothpaste: Fluoridated toothpaste should be used twice a day to brush teeth. As young children tend to swallow toothpaste when they are brushing, the following guidelines have been established to balance their risk of developing dental fluorosis with the dental health benefits of fluoride.

Children up to 3 years of age should have their teeth and gums brushed by an adult. Parents should consult a health professional to determine whether their child under 36 months of age is at risk of developing tooth decay. If the child is at risk of developing tooth decay, then they should have their teeth brushed by an adult using a minimal amount (rice sized grain) of fluoridated toothpaste. It has been determined that use of fluoride toothpaste in a small amount effectively balances between the benefit of fluoride and the risk of developing fluorosis. If the child is not considered at risk, it is recommended their teeth be brushed by an adult using a toothbrush moistened only with water.

Children 3 - 6 years of age should be assisted with brushing their teeth by an adult and use only a small amount (i.e., green pea-sized portion) of fluoridated toothpaste.

For more information on Health Canada and fluoride see: <http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/viron/fluor-eng.php>