

Elevated Fluoride Levels – Thorndale Water System

February 2018

Samples taken from the Thorndale Municipal Water System over the last several years indicate that fluoride levels in the drinking water remain in the range of 1.5 mg/L to 1.7 mg/L. This water is safe to drink, and the fluoride contained in it naturally protects children and adults from tooth decay throughout their lives. For young children however, this level of fluoride may increase their chances of getting mild to moderate dental fluorosis.

Mild to moderate dental fluorosis is a change in the appearance of the permanent teeth still developing under the gums. The permanent teeth may have small white flecks to larger white areas. It is difficult to predict if fluorosis will occur and what it will look like, because permanent teeth do not begin to come into the mouth until six to seven years of age.

To reduce the chances of developing dental fluorosis in cases where home water supplies have fluoride levels between 1.5mg/L and 2.4 mg/L, the Ontario Ministry of Health and Long-Term Care recommends that parents of young children consider and control how much fluoride their children take in from other water sources, food, and toothpaste. Parents can:

- Treat their water to reduce its fluoride content.
- Use bottled water with lower fluoride content.
- Use low-fluoride or non-fluoride toothpaste.
- Avoid fluoride supplement pills.
- Consult with their dentist.

Should you have any questions regarding this matter, please contact your dentist or call the Middlesex-London Health Unit's Oral Health team at 519-663-5317, extension 2231, Monday to Friday, from 8:30 a.m. to 4:30 p.m.