

# Fluoride treatments

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*Source:* <http://sci.tech-archive.net/Archive/sci.med.dentistry/2005-04/msg01291.html>

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- *From:* "elbyc" <[elby\\_cloud@xxxxxxxxx](mailto:elby_cloud@xxxxxxxxx)>
  - *Date:* 19 Apr 2005 13:01:42 -0700
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Hi, I'm in Tobago and I apologize in advance if I'm hitting a nerve (ooh, terrible, unintended dental pun), but I'm working out of an Internet cafe and I don't have time to research whether this has been answered before.

I need to know whether or not to supplement my 10-month-old baby with fluoride drops. We just moved here. The pediatrician here doesn't know about fluoride treatments and can't advise me. I can't tell from the following journal article whether or not I should use the fluoride drops (.5 ml) my pediatrician gave me before we moved here.

We drink bottled water and brush her gums with non-fluoride baby toothpaste. I don't want to overdose her with fluoride. Anyone want to chip in?

[http://www.hdassoc.org/site/epage/21150\\_351.htm](http://www.hdassoc.org/site/epage/21150_351.htm)

## 15. Analysis of Fluoride Sources in Trinidad and Tobago

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**Objective:** Previous studies reported a moderate (1961, DMFT = 3.9) and a high (1989, DMFT = 4.9) caries prevalence among 12 years old children in Trinidad and Tobago (TT). Completed part of this project, examining the oral health status of children in Trinidad and Tobago, showed a low prevalence in 2003 with DMFT and dmft of 1.35 and 1.78 respectively for children 6, 12 and 15 years old. The cause of this low prevalence may be an increased availability of fluoride. Therefore, the aim of the present study was to determine the fluoride availability in Trinidad and Tobago by analyzing the fluoride level in different sources.

**Method:** Fluoride levels in mouth rinses, salts, toothpastes, medications, chewing gum, bottled water, natural and tap-borne water, collected from different locations, in TT were determined using a Thermo Orion ISE/pH meter model 710APlus and a fluoride electrode model 96-09. The extent of use among children aged 15 years and under in 26 government dental centers in the 4 Health Regions was also

## Fluoride treatments

investigated. Results: Distribution of natural levels in water ranged from 0.009–1.9 mg/l in Trinidad (mean 0.198+/-0.262) and 0.006–0.87 mg/l in Tobago (mean 0.249+/-0.261). Bottled water levels ranged from 0.0– 0.3 ppm. Salt levels ranged from 0–0.25% fluoride. Toothpaste levels ranged from 0–1.8% fluoride. Fluoride in high-fluoride and normal mouth rinse brands ranged from 250–1450 ppm and 0–1.9 ppm respectively. Professional fluoride application is by APF gel (1.23% NaF) and available to 5–35% of eligible children. One liquid vitamin preparation had 0.25 mg/ml and fluoride was absent in all dental floss and chewing gum brands. Conclusions: Children residing in Trinidad and Tobago are obtaining optimal amounts of fluoride, hence, the decline in caries prevalence between 1989 and 2003. Toothpaste and mouth rinses are the most available and consistent source of optimal fluoride. Salt is the most unreliable and variable source of optimal fluoride. The general low fluoride levels in water sources are deemed adequate.

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- ◆ *Re: Fluoride treatments*

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- ◇ *From: elbyc*

- Prev by Date: *WISDOM part 2*

- Next by Date: *Re: Wooohoo! I'm buying made in USA again*

- Previous by thread: *WISDOM part 2*

- Next by thread: *Re: Fluoride treatments*

- Index(es):

- ◆ *Date*

- ◆ *Thread*