

***“Oral disease is a major problem in our state and water fluoridation is a safe and cost-effective way to protect oral health.”***

Maxine Hayes, MD, MPH  
State Health Officer  
Washington State Department of Health

**Here are a few of the communities that have fluoridated water:**

- |                   |                   |
|-------------------|-------------------|
| Oak Harbor – 1955 | Everett – 1992    |
| Forks – 1956      | Bainbridge – 1994 |
| Poulsbo – 1959    | Tacoma – 1994     |
| Anacortes – 1963  | Pasco – 2001      |
| Vancouver – 1963  | Yakima – 2002     |
| Seattle – 1970    | Parkland – 2005   |
| Redmond – 1976    |                   |



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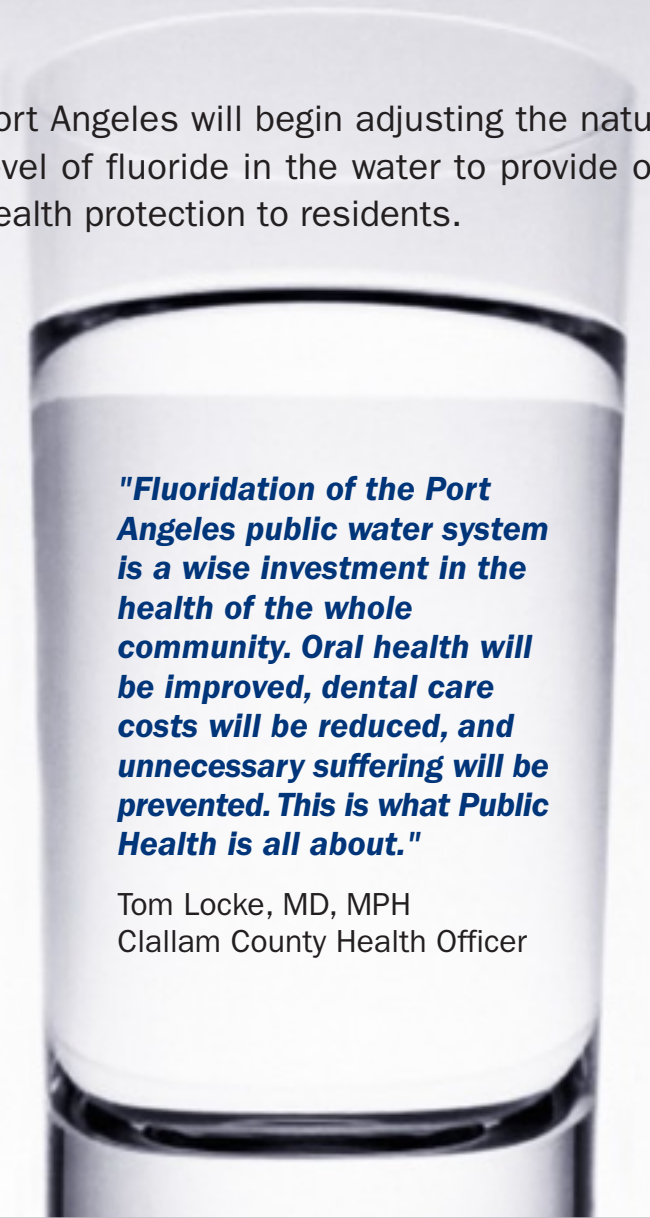
# Port Angeles Water Fluoridation

(City of Port Angeles  
water customers)

Port Angeles will begin adjusting the natural level of fluoride in the water to provide oral health protection to residents.

***“Fluoridation of the Port Angeles public water system is a wise investment in the health of the whole community. Oral health will be improved, dental care costs will be reduced, and unnecessary suffering will be prevented. This is what Public Health is all about.”***

Tom Locke, MD, MPH  
Clallam County Health Officer



## The benefits of water fluoridation are well known

- For more than sixty years water fluoridation has been used to prevent tooth decay.
- Today, more than 170 million Americans drink water that contains an optimal level of fluoride to improve oral health.

## Fluoridated water strengthens teeth

Children and seniors are especially vulnerable to tooth decay and need the added protection of fluoride.

Fluoridated water strengthens tooth enamel, making teeth more resistant to decay. It can even help heal early tooth decay.

For young children, fluoridated water also helps strengthen teeth that are just forming. Children consuming an optimal level of fluoride will have stronger teeth for a lifetime.

***“Water fluoridation is a prevention measure that saves far more money than it costs.”***

Scott Kennedy, MD  
Chief Medical Officer, Olympic Medical Center



## Fluoridated water is safe and effective

All water sources naturally contain fluoride, but most do not contain enough to maintain adequate oral health. Fluoridation is simply a slight adjustment of the fluoride in the water to a level proven to be optimal for good oral health.

Sixty years of research proves fluoridation is safe and effective.

National studies confirm that fluoridated water can reduce tooth decay by up to 40 percent, among children and adults.

## Once water fluoridation begins residents should:

***Stop giving fluoride supplements, tablets or drops to your children.*** This is especially important to prevent fluorosis, a slight discoloration of teeth from too much fluoride. A mild form of fluorosis sometimes can occur in children up to age 6, whose teeth are developing. It is a cosmetic issue that can be easily addressed.

***Continue to supervise brushing.*** Supervising children when they brush is important and should continue after fluoridation begins. Children under 6 should use a rice-sized amount of fluoride toothpaste. Children over 6 should use a pea-sized amount of toothpaste. They should spit, rather than swallow when brushing. Swallowing toothpaste is the most common cause of fluorosis.

***Call your physician or dentist with questions.***

## Health experts endorse water fluoridation

- Port Angeles physicians and dentists overwhelmingly support water fluoridation as a cost-effective way to protect oral health.
- Water fluoridation is strongly supported by the American Dental Association, American Medical Association, the National Academy of Sciences and hundreds of other national organizations.
- The Centers for Disease Control and Prevention (CDC) identified fluoridation as one of the top 10 public health achievements of the last 100 years.

## Water System Safeguards

Fluoride will be added to the water system by the Public Works department. This is done using a metering pump that is specially calibrated to ensure the fluoride level will constantly be between 0.8 and 1.2 parts per million. These levels have been clearly determined safe by health officials.

The system will be carefully monitored 24 hours a day by state certified Water Treatment Plant Operators in accordance with state health regulations.

## Call if you have questions

If you have questions about the *health benefits of fluoridated water*, contact your health care provider or call the Clallam County Department of Health and Human Services' fluoridation information line at (360) 417-2377 or visit [www.clallam.net/healthservices](http://www.clallam.net/healthservices).



If you have questions about *whether you receive water from the City of Port Angeles*, call Port Angeles Public Works at (360) 417-4855, e-mail [fluoridation@cityofpa.us](mailto:fluoridation@cityofpa.us), or visit [www.cityofpa.us/fluoridation.htm](http://www.cityofpa.us/fluoridation.htm).

