



Keep tooth decay at bay with fluoride treatments

Fluoride is one of the most important tools in the fight against cavities. It is a natural mineral with super powers to protect and strengthen teeth.

How fluoride fights cavities

Acid, plaque, sugars and bacteria can eat away at tooth enamel and cause decay. Fluoride provides a protective coating for teeth; it strengthens enamel, rebuilds weak teeth and reverses early tooth decay. In children younger than 8 years old, fluoride can strengthen permanent teeth even before they come in.

Fluoride treatment for additional protection

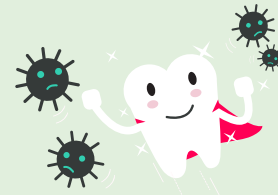
Fluoride is typically added to toothpaste and mouthwash, but if your kids are prone to cavities or have braces, fluoride treatments offer added protection. Talk to your dentist about fluoride treatments to help keep your child's teeth healthy as they grow.

It's never too early to begin a lifetime of good dental health. Learn more about fluoride at floridabluedental.com/fluoride-kids.

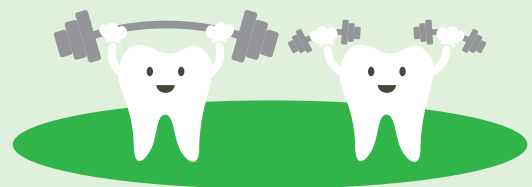
Don't have a dentist for your child?

Visit floridabluedental.com/find-a-dentist to find a dentist near you.

Fluoride to the rescue!



Fluoride treatments can be a game-changer...and a **tooth-saver** for kids. With almost half of all third-graders in Florida already affected by tooth decay,* it's good to know that your dentist can help **protect** their teeth from damage—and even **reverse** cavities as they start forming with fluoride.



*Florida Department of Health (2021, January). "Oral Health Status of Florida's Third Grade Children 2016-2017." Retrieved from floridahealth.gov/programs-and-services/community-health/dental-health/reports/_documents/oral-health-third-grade-2016-2017.pdf

Dental plans are offered by Florida Combined Life Insurance Company, Inc. (FCL), an affiliate of Florida Blue and an Independent Licensee of the Blue Cross and Blue Shield Association.

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773). FEP: Llame al 1-800-333-2227.

ATANSYON: Si w pale Kreyòl ayisyen, ou ka resewva yon èd gratis nan lang pa w. Rele 1-800-352-2583 (pou moun ki pa tande byen: 1-800-955-8770). FEP: Rele 1-800-333-2227.