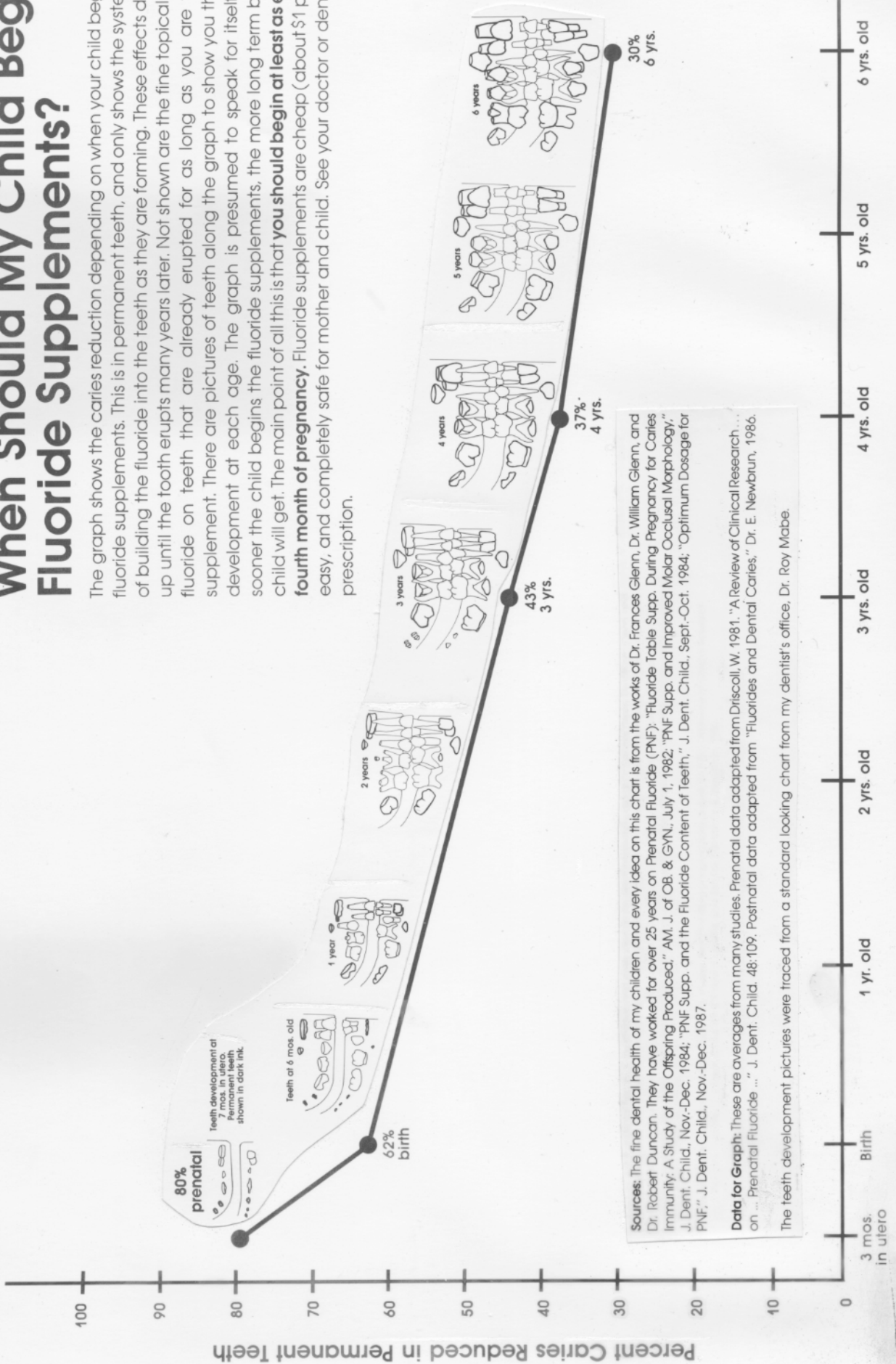


When Should My Child Begin Fluoride Supplements?

The graph shows the caries reduction depending on when your child begins taking fluoride supplements. This is in permanent teeth, and only shows the systemic effect of building the fluoride into the teeth as they are forming. These effects do not show up until the tooth erupts many years later. Not shown are the fine topical benefits of fluoride on teeth that are already erupted for as long as you are taking the supplement. There are pictures of teeth along the graph to show you the stage of development at each age. The graph is presumed to speak for itself—that the sooner the child begins the fluoride supplements, the more long term benefits the child will get. The main point of all this is that **you should begin at least as early as the fourth month of pregnancy.** Fluoride supplements are cheap (about \$1 per month), easy, and completely safe for mother and child. See your doctor or dentist for your prescription.



Sources: The fine dental health of my children and every idea on this chart is from the works of Dr. Frances Glenn, Dr. William Glenn, and Dr. Robert Duncan. They have worked for over 25 years on Prenatal Fluoride (PNF): "Fluoride Table Supp. During Pregnancy for Caries Immunity: A Study of the Offspring Produced," AM. J. of OB. & GYN., July 1, 1982; "PNF Supp. and Improved Molar Occlusal Morphology," J. Dent. Child., Nov.-Dec. 1984; "PNF Supp. and the Fluoride Content of Teeth," J. Dent. Child., Sept.-Oct. 1984; "Optimum Dosage for PNF," J. Dent. Child., Nov.-Dec. 1987.

Data for Graph: These are averages from many studies. Prenatal data adapted from Driscoll, W., 1981. "A Review of Clinical Research... on ... Prenatal Fluoride ...," J. Dent. Child. 48:109. Postnatal data adapted from "Fluorides and Dental Caries," Dr. E. Newbrun, 1986.

The teeth development pictures were traced from a standard looking chart from my dentist's office, Dr. Roy Mabe.

Age of Child When Fluoride Supplements Begin