

For more information

Your first source of contact should be your pediatrician or dentist. Other sources of information include:

TVWD

- tvwd.org/your-water/drinking-water-quality.aspx

Oregon Health Authority

- Oral Health: public.health.oregon.gov/PreventionWellness/oralhealth/Pages/index.aspx
- Drinking Water: public.health.oregon.gov/HealthyEnvironments/DrinkingWater/Pages/index.aspx

Centers for Disease Control

- Fluoridation and Infant Formula: cdc.gov/fluoridation/safety/infant_formula.htm
- General Fluoridation: cdc.gov/fluoridation/index.htm

American Dental Association

- Infant Formula and Fluoridated Water: ada.org/4384.aspx
- Fluoridation: ada.org/fluoride.aspx

Journal of American Dental Association Technical Paper on Infant Formula and Fluoridation

- Evidence-Based Clinical Recommendations Regarding Fluoride Intake From Reconstituted Infant Formula and Enamel Fluorosis: A Report of the American Dental Association Council on Scientific Affairs: jada.ada.org/content/142/1/79.full

Association of State and Territorial Dental Directors

- Fluoride: astdd.org/fluoridation-and-fluorides-committee/

What you should know

- Evidence suggests that if your child is exclusively consuming infant formula made with fluoridated water, there may be an increased chance for mild dental fluorosis.
- Infants are exposed to multiple sources of fluoride. Reducing fluoride intake from infant formula alone will not eliminate the risk of fluorosis.
- Enamel fluorosis appears as white spots on teeth and can affect how they look.
- Enamel fluorosis occurs while teeth are forming under the gums. Once the teeth come into the mouth, they will no longer develop this condition.
- Infant formula contains low fluoride levels.



If you have questions

- Contact your pediatrician or dentist.
- Visit the websites listed on the opposite panel.

Tualatin Valley Water District



Delivering the Best
Water 💧 Service 💧 Value



1850 SW 170th Ave.
Beaverton, OR 97006
(503) 642-1511 * tvwd.org



Information Regarding Using Fluoridated Water For Mixing Infant Formula



**What You Should Know If
Your Infant Is Exclusively
Consuming Formula Made
With Fluoridated Water**

Information Regarding Using Fluoridated Water For Mixing Infant Formula

A study raised the possibility that fluoride exposure during the first year of life may play a role in the development of fluorosis

Parents and caregivers should be aware that infants from birth to twelve months who exclusively drink infant formula prepared with fluoridated water may experience mild enamel fluorosis.

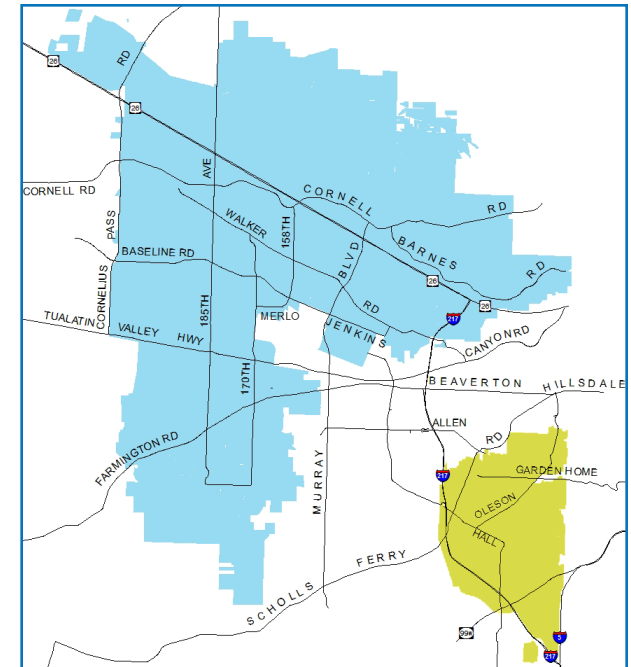
Fluoride and infant formula

- The proper amount of fluoride helps prevent and control tooth decay.
- Fluoridated water used for mixing infant formula may influence a child's risk for developing mild enamel fluorosis if the child's exclusive source of nutrition is formula prepared with fluoridated water.
- Infants consume little other than breast milk or formula early on, and continue to have a high intake of liquids during their first year.
- Proportional to body weight, fluoride intake from liquids is generally higher for younger and smaller children than for older children and adults.
- Reducing fluoride intake from infant formula alone will not eliminate the risk of fluorosis.
- Children are exposed to many fluoride sources. Combined exposure from all sources (such as water, food and toothpaste) can contribute to fluorosis.



About fluorosis

- Enamel fluorosis affects the way teeth look and appears as white spots. Typically, mild enamel fluorosis is barely noticeable and difficult for anyone except dental care professionals to identify.
- Enamel fluorosis may occur when teeth are forming under the gums. Once teeth come into the mouth, they no longer develop this condition.
- From 1999 - 2004, one-third (33.4%) of children ages 6 to 11 in the United States had dental fluorosis.



Legend:
■ Fluoridated by TVWD (Wolf Creek Portion)
■ Not fluoridated by TVWD (Metzger Portion)

Note: Some areas not marked on this map are fluoridated. For a detailed map of TVWD fluoridated areas, visit tvwd.org. For a detailed map of Washington County areas fluoridated, visit jvcwater.org.

Supplemental fluoridation of drinking water

Many community water systems add supplemental fluoride to drinking water. Fluoridation is done with the guidance of the US Environmental Protection Agency (EPA), the US Department of Health and Human Services, and the Oregon Health Authority. The fluoride used is approved by the American Water Works Association, National Sanitation Foundation and American National Standards Institute. It is regulated by the EPA under the Safe Drinking Water Act.

Fluoridation in Tualatin Valley Water District

Portions of Tualatin Valley Water District (TVWD) contains supplemental fluoridation. TVWD was formed in 1991 as the result of the merger of two separate water districts, the Wolf Creek Highway Water District and the Metzger Water District. Customers in the Wolf Creek Highway Water District voted in support of fluoridation in 1963. As a result of the vote, the Board took action to begin fluoridating water. The Wolf Creek portion of the District receives water with sodium fluoride added and to maintain a target level of 0.7 milligram per liter (mg/L). The Metzger portion of the District does not receive supplemental fluoridation.