



FLUORIDE



What are the effects of fluoride in drinking water?

Although fluoride can reduce the risk of dental cavities, exposure to higher concentrations can have adverse health effects.

Children who are exposed to fluoride concentrations greater than 1.5 mg/L, while their adult teeth are developing, may show signs of dental fluorosis. Fluorosis can cause discolouration of teeth, white spots, and pitting or mottling of the tooth enamel.

Exposure to high concentrations of naturally occurring fluoride over a long period of time can result in skeletal fluorosis. Although rare, this condition may cause bones and joints to harden, which can lead to chronic joint pain, restriction of mobility, and increased risk of bone fractures.

Where can I find out more?

To find out more, please visit the Water Resources Management's website at www.gov.nl.ca/eccc/water.

You can also contact an Environmental Health Officer or Program Manager at the nearest Government Service Centre, NL Health Services, or a water resources official with WRMD.

 (709) 729-2563

 water@gov.nl.ca

 <https://www.gov.nl.ca/eccc/waterres/quality/drinkingwater/>

