Flouride added to water in San Jose, 60 years after San Francisco; has greater impact on dental health of elders than on children

Did you know that San Jose will be adding fluoride to its water, about 60 years after San Francisco began doing so? San Jose is currently the largest city in the United States where water is not flouridated. Why has San Jose taken so long to come around? When we asked dentist Dr. Erica Haskett, she explained, “Some believed overexposure of fluoride could lead to health problems.” She continues, “However, most health professionals agree that fluoride is a critical step in reducing tooth decay not only in children, but especially in seniors. According to the Department of Public Health, “When you fluoridate the water, childhood tooth decay drops 40 percent and, among the elderly, tooth loss and decay drops 70 percent.” All Blende Dental Group dentists and hygienists, as well as most other dental health professionals across the country, recommend that their patients drink tap water, which has fluoride, versus bottled water, because they know flouridated tap water is safe for your body and better for your dental health.