

The FLUORIDE SOURCE AWARENESS Survey

This survey is intended to increase parents' awareness of the potential sources of fluoride which your child is receiving from a variety of sources.

Child's Name _____ Child's Age _____

City/Town _____ Today's Date _____

PLEASE CHECK AS APPROPRIATE:

1. Daily fluoride supplement (Prescription from dentist or pediatrician)

_____ 0.25mg F _____ 0.5mg F _____ 1.0mg F

_____ with vitamin _____ without vitamin _____ need refill

2. Fluoridated water supply (Some communities 0.7 to 1.2 mg/liter) _____ yes _____ no

if 'yes', do you... (check any that apply) _____ drink _____ cook with _____ have water filter

3. Well water (Must be tested) _____ yes _____ no

if 'yes', has it been... _____ tested for fluoride (content ? mg) _____ not tested for fluoride

4. Processed beverages (vary from 0 to 0.67mg F)

Does your child consume... (check any that apply) _____ soda _____ juices

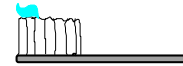
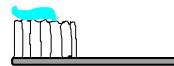
5. Food Sources (vary from 0.15mg to 0.4mg F)

Does your child consume ... (check any that apply)

_____ breads _____ cookies/crackers _____ processed fruits/vegetables

6. Toothpaste (varies from 0.01 to 1.5mgF)

indicate amount per use on brush



7. Fluoride mouthrinses or gels (other than toothpaste) (if swallowed 0.01 mg to 1.5 mgF)

_____ yes _____ no (if yes).... _____ prescribed by dentist _____ over-the-counter

Comment: Balancing the Fluoride / Fluorosis Equation

As you can see, the sources of fluoride in dental products, the water supply and the food chain can be significant.

Remember that systemic fluorides (swallowed) differs from topical fluorides (direct tooth contact). We ask you to be aware of these fluoride sources and monitor the amount of fluoridated toothpaste that younger children are putting on their toothbrush. The younger your child, the greater awareness you must have.

Having completed this survey, are there any questions that you would like answered about fluoride use? _____

_____ Thank you for completing this survey !