

Fluoride to Prevent and Control Dental Caries

Yoshiyasu Takefuji

Klaus Kümmerer et al. wrote an article entitled “A path to clean water” (1). There are two kinds of chemicals: controlled chemicals for our good health and reduced chemicals for our bad health. CDC (centers for disease control and prevention) clearly stated that widespread use of fluoride has been a major factor in the decline in the prevalence and severity of dental caries (i.e., tooth decay) in the United States and other economically developed countries (2). WHO also mentioned that the use of fluoride is a major breakthrough in public health (3). However in Japan, fluoride in drinking water is regulated to be less than 0.8 mg/l. Using fluoride with less than 0.8 mg/l is not able to decrease tooth decay. According to the latest information in Japan (4), we have 104533 dentists where the number of dentists is more than the number of convenience stores in Japan. Lay public in Japan does not understand the importance of using fluoride in drinking water. Although WHO, CDC, and developed countries recognize the relationship between the use of fluoride and tooth decay, it is ashamed that Japanese government has been neglecting it. Japanese government needs to care for own people by using fluoride.

References:

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3. http://www.who.int/oral_health/publications/2016_prevention_dental_caries_through_use_fluoride.pdf
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