



# Public Health

## Idaho North Central District



### Press Release

FOR IMMEDIATE RELEASE

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HEADLINE: Fluoride Varnish Clinic Set for October 11 at Lewiston Public Health Office

LEWISTON, IDAHO – Public Health-Idaho North Central District will hold a Fluoride Varnish Clinic on Oct. 11 from 9 a.m. to 3 p.m. at the Public Health office in Lewiston, located at 215 10<sup>th</sup> Street.

This free cavity prevention clinic is for all children with teeth between the ages of 0-18. Public Health will bill Medicaid where it is appropriate. There is no charge for this clinic to uninsured children.

Public Health will provide children with an oral health assessment and dental home referrals as needed. Public Health will also provide oral health education to parents/caregivers and children.

Fluoride is a naturally occurring mineral found in most rivers, lakes, oceans, and groundwater. It can be found in some foods, too. It helps prevent cavities in teeth. Fluoride strengthens tooth enamel, the outer coating on teeth, which makes it easier to resist tooth decay, according to the American Dental Association (ADA).

Healthy gums and teeth are important to everyone's overall health. Fluoride varnish is applied to teeth with a small brush, once it mixes with saliva the fluoride hardens allowing it to be in contact with the teeth for an extended period of time. Fluoride varnish treatments can be applied to teeth two to four times per year. It is safe and is used by dentists and doctors to help prevent cavities in children around the world, according to the American Academy of Pediatrics (AAP).

Children may leave immediately after treatment and should not brush their teeth for a minimum of two to four hours after treatment.

Good dental health requires regular brushing and flossing, regular care from a dentist, fluoride, and a healthy diet.

The fluoride varnish clinic will be held quarterly at Public Health-Idaho North Central District's Lewiston Office.

For more information about oral health, fluoride, and fluoride varnish visit:

<https://idahopublichealth.com/community/oralhealth> , <https://www.mouthhealthy.org/en/az-topics/f/fluoride> , and <https://www.healthychildren.org/English/healthy-living/oral-health/Pages/Fluoride-Varnish-What-Parents-Need-to-Know.aspx> .

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