



## FDI DRAFT POLICY STATEMENT

### Promoting Oral Health Through Fluoride Toothpaste

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Paris, France

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Stockholm, Sweden

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**Final Draft 2**

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### 3 **CONTEXT**

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5 Fluoride toothpaste is the most available source of fluoride throughout the world.  
6 Since the 1970s, fluoride toothpaste, independently or together with water  
7 fluoridation, has been responsible for the decrease in the incidence of dental caries<sup>1</sup>.

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9 FDI advocates the use of fluoride at an appropriate concentration and dose for the  
10 management of dental caries through prevention and/or treatment of early lesions in  
11 children and adults (including the elderly and other at-risk groups)<sup>2</sup>.

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13 The key factor in preventing carious lesions from developing or progressing is to  
14 maintain a good balance between the remineraization and demineralization of the  
15 hard tissues of the teeth, so there is no net mineral loss over time. Evidence shows  
16 that avoiding frequent carbohydrate intake, performing regular removal of dental  
17 plaque from tooth surfaces, and using fluoride toothpaste together with regular check-  
18 ups with a dentist are the best strategies for that purpose, and these are highly  
19 recommended<sup>3</sup>.

20

21 Despite all these recommendations, dental caries is still a public health problem and  
22 the use of fluoride toothpaste should be encouraged to help eradicate the disease  
23 worldwide.

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### 25 **SCOPE**

26 The use of toothpaste with a fluoride concentration between 1000 and 1500 ppm has  
27 proved to be effective in preventing, arresting and treating dental caries<sup>5</sup>.

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29 Exposure to low-dose topical fluorides throughout the day has been shown to reduce  
30 the incidence of dental caries with a negligible risk of enamel fluorosis. The use of  
31 fluoride toothpastes in young children, particularly under three years old, must always  
32 be supervised<sup>1,3</sup>.

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34 The best technique and timing to brush is at least twice per day for a minimum of two  
35 minutes and preferably without rinsing with water after spitting out the toothpaste. It

36 is important to brush last thing at night and on one other occasion that can be in the  
37 morning or immediately after meals<sup>3</sup>. Older adults must rinse vigorously before  
38 brushing.

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## 40 **DEFINITIONS**

41 Fluoride toothpaste: Regular use of fluoride toothpaste is scientifically recognized as  
42 a major mean to reduce the prevalence and severity of dental caries and delay its  
43 onset in the global population<sup>1,3,4</sup>. It is also effective in the treatment of non-cavitated  
44 enamel carious lesions and in stopping the progression of cavitated caries, including  
45 root caries lesions<sup>5</sup>. Its cost-effectiveness and safety reinforce the importance of its  
46 use together with mechanical plaque removal in the fight against dental caries.

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## 48 **PRINCIPLES**

49 FDI urges all countries to recognize the importance of providing universal access to  
50 fluoride toothpaste to fight dental caries and to improve oral health and general health.

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## 52 **POLICY**

53 FDI advocates the use of over-the-counter toothpaste with a fluoride concentration of  
54 between 1000 to 1500 ppm, with a minimum of 800 ppm fluoride ion bioavailability,  
55 for everybody and recommends the following:

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57 • Promote fluoride toothpastes through their evidence-based effectiveness  
58 compared to conflicting over-the-counter products.

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60 • Parents/carers should begin brushing their child's teeth once the primary teeth  
61 have started to erupt.

62

63 • In children under three years of age, the guidelines from the respective national  
64 authorities should be followed.

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66 • Children between three and six years old should brush with a pea-size amount of  
67 fluoride toothpaste and be supervised by an adult to ensure that they do not  
68 swallow toothpaste.

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70 • In high-caries-risk patients older than 16 years of age, toothpaste may contain  
71 more than 1500 ppm of fluoride, but its concentration should be adapted to the  
72 needs of the patient.

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74 FDI urges all stakeholders, including governments, health professional associations,  
75 the education system, civil society and industry to take action to ensure that:

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77 • populations understand the benefits of toothbrushing twice-daily with fluoride  
78 toothpaste at the appropriate time and using the proper technique;

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80 • the introduction of toothbrushing with fluoridated toothpaste in schools and nursing  
81 homes is acknowledged as an important public health action;

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- effective fluoride toothpaste is made universally accessible and affordable;
- taxes on fluoride toothpaste are reduced; and
- the actions of national regulatory agencies are directed to accept and follow ISO 11609:2017 to improve toothpaste quality.

90 **KEYWORDS**

91 Dental caries, fluoridated toothpaste, oral health.  
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93 **DISCLAIMER**

94 The information in this policy statement was based on the best scientific evidence  
95 available at the time. It may be interpreted to reflect prevailing cultural sensitivities  
96 and socio-economic constraints.

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