



Laboratoire ODOST

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Object: BUCCOTHERM® position on Fluoride

Dental caries indiscriminately affect children, adults and the elderly. They remain the most widespread chronic disease in the world and are a major public health issue.

Although they often affect the ability to speak, smile, or eat, they are also responsible for the worsening of certain systemic diseases (including heart and lung diseases, diabetes, etc.). This is why maintaining good dental health is essential for having good health in general.

For BUCCOTHERM®, "Today, nobody can declare themselves to be in good health if they do not have good dental health."

Dental decay can be prevented and its evolution can be slowed down or even stopped at the very first stage of its development (non-cavitory lesion). This can be done by adopting a balanced diet and hygiene measures such as the regular elimination of dental plaque by careful and effective brushing twice a day for 2 minutes with the proper use of a toothpaste containing fluoride, not to mention the annual check-up visit to the dentist.

Fluoride is a trace element, present in varying amounts in some mineral waters and common consumption waters (tap water), in trace quantities in certain foods, and in most toothpastes. It strengthens the enamel.

The preventive efficacy, economic and cost-effectiveness, and the safety of fluorinated products and their role in reducing the prevalence and occurrence of caries are widely recognized. Various scientific studies have shown that the recommended Fluoride levels for the prevention of tooth decay do not have an adverse effect on human health in general.

The therapeutic value of the action of Fluoride in the treatment of developing carious lesions (non-cavitory) has been clinically proven. This characteristic of Fluoride, always applied topically, confirms its importance in the fight against tooth decay.

BUCCOTHERM® follows the recommendations of UFSBD (*Union Française pour la Santé Bucco-Dentaire*, The French Union for Oral Care) and defends the use of topical Fluoride in the fight against tooth decay, as a preventative measure and/or for the treatment of early lesions in children, adults, the elderly, and implements policies which:

- Encourage population-wide deployment of health promotion campaigns placing oral health at the heart of overall health.
- Ensure universal access to oral hygiene products containing Fluoride to prevent tooth decay and promote oral health.
- Disseminate information on the importance of Fluoride in the treatment of non-cavitory carious lesions.

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Resources:

1. FDI Fédération dentaire internationale. *L'enjeu des maladies bucco-dentaires – Un appel pour une action mondiale. L'Atlas de la santé bucco-dentaire. Seconde édition.* Genève : FDI, 2015.
2. FDI Fédération dentaire internationale, 2016 ; *nouvelle définition de la santé bucco-dentaire de la* (<http://www.fdiworldental.org/oral-health/vision-2020/fdis-definition-of-oral-health.aspx>, consulté le 20 janvier 2017).
3. Organisation mondiale de la Santé, 2012 ; *What are social determinants of health ?* (http://www.who.int/social_determinants/sdh_definition/en/, consulté le 20 janvier 2017).
4. O'Mullane D et al, 2016; *Fluoride and Oral Health, Community Dental Health* (2016) 33, 69–99
5. Lenzi T, *Are topical fluorides effective for treating incipient carious lesions ?* JADA 2016;147(2):84-91.