

Drinking Water Fluoridation

Currently, the Metropolitan Water District of Southern California (MWD) furnishes approximately 85% of Torrance Municipal Water's (TMW) drinking water supply. In late November, MWD will begin adding supplemental fluoride to help reach the optimum level (0.8 parts per million) for preventing tooth decay.

Water fluoridation is not a new concept. Over 70% of cities in the United States provide fluoridated drinking water. California state law requires that all water utilities with 10,000 or more service connections provide fluoridated water when funding becomes available.

What This Means to Torrance Municipal Water Customers

Most of the TMW service area will receive water that's fluoridated at or near the optimal level. However, drinking water in some areas may contain less because TMW produces approximately 15% of its drinking water supply from local non-fluoridated groundwater water sources; TMW plans to fluoridate its local water supplies once outside funding becomes available. Meanwhile, drinking water may be a combination of local water supplies and fluoridated MWD water supplies.

Additionally, seasonal changes in water use, the operation of local water sources and other variables may affect the water supply mix and the level of fluoride in the water.

About Fluoride

Fluoride is a naturally occurring mineral found in both local and imported water supplies at approximately 0.2 to 0.3 parts per million (ppm).

The optimum level of 0.8 ppm is well below the limits set by the California Department of Public Health (CDPH) and the United States Environmental Protection Agency (EPA).

Fluoridation will not change the taste, smell or appearance of the water.

The Benefits of Fluoridated Water

Drinking optimally fluoridated water has been proven as a safe and effective way of preventing tooth decay. Fluoride helps fight the formation of cavities, particularly in children. For older adults, fluoride helps prevent cavities in the root surfaces of teeth when their gums start to recede.

Extensive scientific research over the last 50 years has established the safety and effectiveness of this practice, which is supported by local, state and national health agencies, including the American Medical Association, the American Dental Association, Centers for Disease Control and Prevention, the U.S. Surgeon General, the California Department of Health Services and the World Health Organization.



If You Take Fluoridated Supplements

Drinking optimally fluoridated water on a regular basis generally eliminates the need to take supplemental fluoride tablets or drops. However, the continued use of topical fluoride treatments by your child's dentist is still generally recommended. *Please consult your dental health provider for advice.*

If You Do Not Wish to Drink Fluoridated Water

Customers who do not wish to drink fluoridated water should know that most bottled water does not contain significant levels of fluoride. Home water treatment devices that use a reverse osmosis membrane process (RO) will effectively remove fluoride.

However, activated carbon filters without an RO feature will not remove fluoride.

Customers should check with their vendor to see if the treatment device removes fluoride.

For a list of State certified water treatment devices, visit:

<http://www.cdph.ca.gov/certlic/device/Pages/watertreatmentdevices.aspx>

For More Information:

Contact MWD's water quality information line at **(800) 354-4420** or visit

<http://www.mwdh2o.com/fluoridation/index.html> or the American Dental Association's website: www.ada.org/public/topics/fluoride/news.asp

For any additional information contact the City of Torrance Public Works Department at (310) 781-6900 or visit www.torrcnet.com.