FLUORIDE PROTECTS YOUR TEETH

Thanks to fluoride, tooth decay is less common for Americans today than it was before the 1960s. Fluoride is a mineral that prevents tooth decay by keeping enamel—the protective surface of the tooth—strong and solid. When a person eats sugar, bacteria in the mouth produce acid that eats away at the tooth enamel, which can cause cavities. Fluoride can help strengthen the enamel and prevent cavities.

The TRICARE Dental Program (TDP) covers fluoride treatments as part of preventive dental care. Two topical fluoride treatments received in a dental office are covered in one 12-month period.

Most people get fluoride from the public water supply, either from their drinking water or from food and beverages prepared in areas with fluorinated water. Other sources of fluoride include toothpaste and mouth rinses, or gels and pastes that may be prescribed by a health care professional.

Everyone needs their teeth exposed to a small amount of fluoride daily to help prevent dental cavities.

To learn more about your TDP benefits, including fluoride treatments, visit www.mybenefits.metlife.com/tricare.