

# New York Dentist Says That Fluoride is an Essential Tool in Battling Tooth Decay

*Dr. Charles Puglisi, says that even the ADA describes fluoride as the single most effective public health measure to prevent tooth decay.*

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/EINPresswire.com/ -- Dr. Charles Puglisi, DMD, F.A.G.D.,

([www.drpuglisi.com](http://www.drpuglisi.com)) a popular [Manhattan dentist](#) based in Greenwich Village, says that fluoride is something that everyone should be familiar with. Fluoride is an ingredient in most toothpaste and mouthwash brands, a staple in [dentist](#) offices, and it's even in our tap water. According to Dr. Puglisi, there is very good reason for that.



Dr. Charles Puglisi Greenwich Village Dentsit

“Municipalities began adding fluoride to drinking water supplies in the 1940s, and most continue to do so today,” says Dr. Puglisi. “In fact, the Centers for Disease Control have previously called fluoride one of the greatest health achievements of the 20th century, and the American Dental Association calls it the single most effective public health measure to prevent tooth decay.”

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Dr. Puglisi suggests talking to your dentist to determine the right amount of fluoride for both you and your family.”

*Dr Charles Puglisi*

According to Dr. Puglisi, fluoride is essentially a salt compound, comprised of the element fluorine, as well as other earthen minerals. This salt compound is hailed as miraculous by some for its chief application in the fight against tooth decay.

“Fluoride works like this,” Dr. Puglisi explains, “When we eat, naturally occurring bacteria inside the mouth immediately begins to break down the sugars, in an effort to aid in digestion. These sugars are converted by the bacteria into acids, which can do severe damage to a person’s teeth.”

“Fluoride,” he continues, “works to not only prevent, but also to reverse that process, by adding mineral deposits to the parts of our teeth that have been eroded.”

Dr. Puglisi states, “It is important during pregnancy and early childhood to drink flouridated water. This is the best time for prevention. The ingestion of water with flouride makes the tooth enamel more resistant to the bacteria converted sugar to acid complex that causes tooth decay.

With the advent of bottled water there has been a statistically significant increase in tooth decay in children since most bottled water does not have flouride. The lack of water with flouride during pregnancy and early childhood has caused this increase in tooth decay. This became known in the late ninties, actually it is termed 'Bottle Water Syndrome".

If you use a water filter on your faucet you do not worry about filtering out flouride most filters only filter out particles.

Dr. Puglisi suggests talking to your dentist to determine the right amount of fluoride for both you and your family.

For more than three decades, Dr. Charles Puglisi DMD., F.A.G.D, has been offering quality oral care. His practice, located at 39 Fifth Ave, New York, NY, in the heart of Greenwich Village, offers Comprehensive General, Cosmetic and [Restorative Dentistry](#), Laminates, Veneers and Bonding, Cosmetic Tooth Whitening and Tooth Re-shaping, Prophy-Jet™ Air Polishing Dental Implant Restorations, Crowns, Bridges, Porcelain/Composite Inlay/Onlays, Periodontal Treatments, and more. Call (212) 529-2929 for more information or visit Dr. Puglisi's website at [www.drpuglisi.com](http://www.drpuglisi.com)

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