

Lus Nug thiab Teb txog Fluoride



Fluoride yog dabtsi?

Fluoride yog ib yam tsig pob zeb (mineral) uas muaj nyob rau txhua txhua hom dej. Thaum muaj ntau txaus, ces fluoride khub ib co tsig pob zeb rau peb tej kaus hniav. Qhov no txhais hais tias fluoride ua rau kom txheej kaus hniav khov, kom kab thiaj li tsis tshua noj cov kaus hniav, thiab pab plooj txheej kaus hniav tom qab uas pib lwj lawm. Kev nquag tiv cov fluoride tsis ntau pes tsawg mus ntev yuav txo kom kaus hniav tsis txhob lwj ntau li 18 txog 40 feem pua cov neeg tsis hais hnoob nyoo luaj licas.¹

Kev Tov Fluoride (fluoridation) yog dabtsi?

Dej raug tov fluoride thaum uas muab nws cov fluoride kho kom tsis txhob nyeem dhau los yog tsawg dhau thiaj li pab tau kaus hniav txhob lwj.

Zoo ib yam li mis nyuj nrog as ham vais tas mees D los sis kua txiv maj keeb nrog as ham vais tas mees C, ntxiv flouride rau dej haus pab tib neeg txoj kev noj qab haus huv thiab pab txo txoj kev kaus hniav lwj rau cov neeg txom nyem thiab neeg muaj nyiaj.² Hauv Paus Tswj thiab Tiv Thaik Kab Mob (CDC) thwm hais tias dej nrog flouride (flouridation) yog ib yam [zoo tshaj ntawm kev noj qab haus huv rau tiam 20](#).

Flouride pib qhov twg thiab vim li cas?

Xyoo 1945, Grand Rapids, MI yog thawj lub zos muab flouride ntxiv rau lawv cov dej haus tom qab cov tub soj ntsuam tau pom hais tias tib neeg nyob rau tej thaj chaw muaj fluoride ntau kuj muaj kab noj hniav tsawg dua. Tom qab 15-xyoo puag ncig, kev kaus hniav lwj poob ntau tshaj li 60 feem pua rau Grand Rapids 30,000 tus menyuam yaus kawm ntawv.

Minneapolis yog ib lub xeev nrog rau phav phav lub nyob rau teb chaws Meska uas tau pib ntxiv fluoride (fluoridation) nyob rau xyoo 1950 txog 1960 ntawv.

Muaj fluoride ntau npaum cas hauv kuv cov dej haus?

*0.7 mg/L = tsawg
tshaj li ib tee fluoride
nrog rau ib lab tee dej*

Tag nrho Minnesota cov dej hauv xeev, nrog rau Minneapolis Cov Dej [yeej muaj txoj cai los khoo kom](#) muaj fluoride siab txog 0.7 mg/L. Yuav tsum muaj siab npaum li no [raws li teev tseg](#) los ntawm Pab Tshawb Fawb Kev Noj Qab Haus Huv thiab CDC vim hais tias li no thiaj li muaj fluoride txaus los pab kom kaus hniav tsis txhob lwj thiab thiaj li tsawg txaus kom kaus hniav txhob khub fluoride.

Cov fluoride nyob hauv kuv cov dej yuav raug kuaj li cas?

Minneapolis Cov Dej muaj fluoride yeej tso los kom haum es tsis txhob tso tshaj, tom qab tso tas lawm cov dej no mam li ntsuas hauv khos phuv dawm xwb. Yeej muaj cov neeg kawm tawm los ntsuas cov dej no ces lawv nej hnuv sau cov dej uas nyob txhua qhov chaw sawv cev ntawm tag nrho cov dej coj los kuaj. Thaum ntsuas tas lawm yuav muab cov ntawv tshawb fawb no xa mus qhia rau Minnesota Lub Hauv Paus Saib Kev Noj Qab Nyob Zoo txhua hli, thiab yuav muab cov dej no xa mus rau Lub Hauv Paus no txhua txhua 3 hli twg.

Minneapolis Cov Dej txhua hli thiab ntawv qhia txog dej zoo li cas txhua xyoo yeej muaj nyob [ntawm no](#).

Kev tso fluoride (fluoridation) puas puaj phais?

Hauv paus tshawb fawb txog kev noj qab haus huv thiab lwm cov kev tshawb fawb hauv ntiaj teb txhawb nqa lub tswv yim hais tias fluoride (fluoridation) yeej nyab xeeb thiab zoo rau tag nrho zej zog. Kev tshawb fawb muab fluoride tov nrog dej yeej muaj ntau thiab muaj tas mus li tau 70 lub xyoo. ³ [Kev tshawb fawb](#) tsis ntev los no txhawb nqa lub tswv yim hais tias fluoride muaj kev pab tau ntau yam ntev ntev rau yav pem suab.

Tsis tau muaj leej twg nrhiav tau hais tias fluoride tsim tau kev mob kees xaws,⁴ tiamsis yog muaj fluoride ntau heev thiab siv tau ntev heev los fluoride kuj ua tau kaus hniav khub fluoride thiab ua rau pob txha phom thiab xeev tau. ⁴ Muaj tej thaj chaw nyob rau teb chaws Meskas, yeej muaj cov tsiq fluoride no ntau dua li lwm qhov. Kom tiv thaiv tau pej xeem kom txhob mob vim los ntawm cov tsiq pob zeb no, Pab Tiv Thaiv Lub Ntiaj Teb (EPA) tau teev tseg tias yuav tsum muaj cov tsiq pob zeb (MCL) rau fluoride kom txog li 4 mg/L.⁵

MLC = Qib siab tshaj uas pub muaj ib hom tsiq twg rau hauv cov dej tso tuaj rau pej xeem haus.

Hauv xyoo 2006, lub National Research Council luam [Fluoride in Drinking Water: A Scientific Review of EPA's Standards](#), uas hais tias qhov MCL tam sim no tsis tiv thaiv tej yam tsis zoo. Tiamsis, pab no hais tias, cov kev nrhiav no tsis ua li cas rau tej thaj chaw uas muaj cov tsiq fluoride no tsawg raws li cov tib neeg feem coob nyob rau hauv teb chaws Meskas.⁶ Pab EPA tab tom soj ntsuam seb cov tsiq pob zeb MCL puas yuav tsum muab txo kom qis.

Kaus hniav khub fluoride yog dabtsi?

Kaus hniav khub fluoride (fluorosis) yog thaum uas txheej kaus hniav uas tawv tawv tsis zoo li qub lawm. Hauv tebchaws Meskas, feem ntau kev khub fluoride kuj tsis khub ntau thiab thaum khub lawm ces tus kaus hniav muaj tej thaj dawb txho vog.

Kev khub fluoride yog thaum menyuum yaus tiv tau fluoride ntau dhau lub caij uas lawv tab tom loj hlob. Kev khub fluoride yuav tsis muaj los yog muaj loj tshaj tuaj tom qab cov kaus hniav laus tawm tshwm cov pos hniav lawm.⁷

Cov dej uas tov fluoride siv tau los tov menyuum mos cov mis hmoov yam puaj phais. Tiam sis, vim tias feem ntau mis hmoov yeej muaj fluoride me me, yog tias menyuum mos haus mis hmoov tos nrog cov dej uas muaj fluoride, ces tej zaum lawv cov kaus hniav muaj feem yuav khub fluoride ntau. ⁷

Yog xav paub ntxiv txog kev tiv thaiv koj tus menyuum mos los yog menyuum yaus kom kaus hniav txhob lwj lossis txhob khub fluoride ntau dhau, thov saib rau CDC [Cov Lus Nquag Nug thiab Teb txog Kaus Hniav Khub Fluoride](#).

Kuv yuav mus nrhiav tau xov xwm ntxiv qhov twg?

- [Hoobkas Tswj thiab Tiv Thaiv Kab Mob \(Centers for Disease Control and Prevention \(CDC\)\)](#)
- [Minnesota lub Hauv Paus Saib Kev Noj Qab Nyob Zoo \(Department of Health \(MDH\)\)](#)
- [American Academy of Pediatrics: Campaign for Dental Health](#)
- [Lus Cuav thiab Tseeb: Lus teb Tej Lus Nug txog Zej Zos Cov Dej Tov Fluoride](#)
- [Lub Hoobkas Tshawb fawb Sojntsuas Fluoride \(Center for Fluoride Research Analysis\)](#)
- **Hu rau peb!** Hu rau peb tus Nai Tswj Dej George Kraynick ntawm 612-661-4923

Ntawv Pov Thawj

¹ American Dental Association: "[Lus Tseeb txog Kev Tov Fluoride](#)"

² American Academy of Pediatrics, Campaign for Dental Health: "[Lus Los Ntawm Kev Tshawb Fawb](#)"

³ American Academy of Pediatrics, Campaign for Dental Health: "[HAIS LAWV COV LUS Cov Hauv Paus Tshawb Fawb Hais Txog Kev Nyab Xeeb thiab Kev Pab Tau Zoo ntawm Kev Tov Dej Fluoride rau Zej Zog Haus](#)"

⁴ Environmental Protection Agency: "[Lus Nug thiab Lus Teb txog Fluoride](#)"

⁵ National Cancer Institute: "[Dej Tov Fluoride Lawm](#)"

⁶ Pab Tshawb Fawb Thoob Teb Chaws: [Lus Qhia Ceev txog Fluoride nyob hauv Dej Haus: A Scientific Review of EPA's Standards](#)

⁷ Mayo Foundation for Medical Education and Research: "[Cov Neeq Paub Qab Hau Teb: Nws puas puaj phais rau muab cov dej tim kais uas tov fluoride los tov nrog menyuam mos cov mis hmoov?](#)"

Kuaj xyuas: Lub Ob hlis 23, 2017