



Department of Health

Incorporating: Health, Mental Health and Senior Victorians

50 Lonsdale Street
GPO Box 4541
Melbourne Victoria 3001
DX210311
www.health.vic.gov.au
Telephone: 1300 253 942
Facsimile: 1300 253 964

Our Ref:
Your Ref:

Dear Goulburn Valley Water Customer

As good oral health is essential to overall health, I am pleased to announce that everybody in the Seymour area will soon receive the benefits of a fluoridated drinking water supply.

A fluoridation plant has been built at Seymour. The system will be brought into operation over several weeks from 18 December. The amount of fluoride will be gradually increased from current levels (about 0.1 mg/L) to the optimal level of one part per million (also known as 1 milligram per litre or 1 mg/L).

Water fluoridation at this level is safe and effective; it has been practised for more than 50 years in Australia and 60 years worldwide. Australia's National Health and Medical Research Council has determined the safe concentration of fluoride in drinking water based on health considerations. This is published in the *Australian Drinking Water Guidelines*.

To ensure it meets the highest level of safety standards an independent assessment of the new water fluoridation plant will be conducted.

Localities in the Seymour water supply district to receive the benefits of water fluoridation include: Seymour, Tallarook, Avenel, Mangalore and Trawool.

Note on additional use of fluoride

Regardless of whether or not your water is fluoridated, fluoride tablets, drops and lozenges are no longer recommended in Australia and are no longer available.

If members of your household have been using fluoride tablets, drops or lozenges, it is important to discontinue their use.

Dental professionals may still use and recommend fluoride varnishes and mouth rinses.

With a fluoridated drinking water supply it is still important to look after your teeth through healthy eating, regular brushing, appropriate use of fluoride toothpaste and regular dental check-ups. Recommendations for use of toothpaste are as follows:

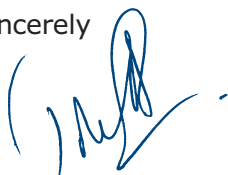
- ✓ Children aged up to 18 months: clean teeth twice a day without toothpaste (a health professional may recommend the use of low-fluoride toothpaste for children younger than 18 months of age).
- ✓ Children aged between 18 months and five years (inclusive): clean teeth twice-daily using a pea-sized amount of low-fluoride toothpaste (a health professional may recommend the use of standard fluoride toothpaste for this age group).
- ✓ Children aged six years and older, teenagers and adults: clean teeth twice-daily using standard fluoride toothpaste.

If you need more information about fluoridation of drinking water:

- contact the water fluoridation information line: 1800 651 723
- visit the water fluoridation website: www.health.vic.gov.au/environment/fluoridation
- talk to your dental professional, GP, pharmacist or maternal and child health nurse.

The Department of Health is proud to partner with Goulburn Valley Water in providing this information to customers.

Yours sincerely



DR JOHN CARNIE
Chief Health Officer

PUBLIC NOTICE

WATER FLUORIDATION IN THE SEYMOUR DRINKING WATER SYSTEM

Water fluoridation at one part per million helps protect teeth against decay and is the safest way of allowing everyone access to the benefits of fluoride. In particular, children who live in fluoridated areas of Victoria experience considerably less decay than those in non-fluoridated areas.

The Victorian Government is committed to improving the oral health of all Victorians. As part of this commitment, the water fluoridation plant for the Seymour system will be brought into operation over several weeks from 18 December 2009.

Did you know?

- Fluoride benefits people of all ages by reducing dental decay.
- In Australia children in non-fluoridated areas experience more dental decay than children in fluoridated areas.
- In Victoria, 95 percent of preventable dental admissions into hospital for 0–9 year olds are due to dental decay.

An important step in the introduction of water fluoridation is to ensure communities have access to balanced, evidence-based information and the opportunity to ask questions.

- ✓ Detailed information was provided to Goulburn Valley Water customers in February 2009 about the benefits of water fluoridation.
- ✓ In May 2009, Departmental officers held community information sessions to give residents the opportunity to ask a panel of experts, questions about water fluoridation.
- ✓ Residents have been able to seek further information from their dentist, GP, pharmacist and maternal and child health nurse.
- ✓ Information can also be obtained by calling the tollfree information line, or visiting www.health.vic.gov.au/environment/fluoridation

The introduction of water fluoridation to Seymour's drinking water system is supported by local health services and community organisations including: Seymour District Memorial Hospital, Seymour Dental Clinic—Dr Paul Lejins, Dr Frank HS Chong Dental Surgery and Women's Health Goulburn North East.

Under *Section 5(1)* of the *Health (Fluoridation) Act 1973*, the Secretary to the Department of Human Services has requested Goulburn Valley Water to fluoridate the drinking water supply. **Water fluoridation will commence from 18 December 2009.** Advice will be sent to all Goulburn Valley Water customers concerning the need to cease using fluoride supplements.

Localities to receive fluoridated water include: Seymour, Avenel, Trawool, Mangalore and Tallarook.

If you require further information or wish to speak with someone about water fluoridation, I encourage you to call the tollfree information line on 1800 651 723, or visit www.health.vic.gov.au/environment/fluoridation

Dr John Carnie
Chief Health Officer

1800 651 723

www.health.vic.gov.au/environment/fluoridation