

ATLANTA, GA, September 24, 2013 /24-7PressRelease/ -- The [dental clinic in Georgia](#) Lawrenceville Dental Associates would like to take a moment to talk about the benefits of fluoride. This material is found in many types of toothpastes and in drinking water, and the dentists in Lawrenceville note that it is one of the best ways to prevent oral health problems. The leading causes of tooth decay are excessive sugar and starch intake and poor dental cleaning habits. Eating too much junk food and not brushing your teeth every day can quickly lead to cavities and overall tooth decay. The [Lawrenceville dentists](#) note fluoride alone, however, is not enough.

Fluoride is Essential for Healthy Teeth Fluoride works to strengthen tooth enamel and forestall the effects of decay, which is highly important due to the fact that enamel does not regenerate. Once it is gone, it is gone forever, and this can lead to a number of problems. Fortunately, you don't have to do anything special to get access to fluoride, as it is present in most drinking water and various types of toothpaste.

According to Ken Tralongo, CEO of Tralongo Management, "To ensure your teeth are adequately protected, brushing with fluoride toothpaste and drinking eight glasses of fluoridated water every day is the best method of defense."

The [dental clinic in Georgia](#) want to remind residents that consuming a large amount of fluoride is not healthy. While the concentrated levels in drinking water are minimal and safe, the same cannot be said for toothpaste and mouthwash. Remember to rinse your mouth thoroughly after brushing.

Lawrenceville Dental Associates is a leading [Lawrenceville family dentistry](#) . To learn more about the services they offer, feel free to visit <http://www.Lawrencevilledentalassociates.com/>

About Lawrenceville Dental Associates: Lawrenceville Dental Associates is a general dentistry practice that offers comprehensive dental care for patients in Lawrenceville and Gwinnett County. Their practice is made up of a team of four highly trained and experienced Lawrenceville dentists, as well as a friendly and professional support staff.

Learn more at <http://www.Lawrencevilledentalassociates.com/> .