

FLUOROSIS

Fluorosis is toxic effect of excess of fluoride intake.

CAUSES

- 1) Drinking water is the main source of high fluoride: drinking water containing more than 1.5 mg/liter of water (the WHO guideline value for fluoride in water).
- 2) Agriculture contamination - food.
- 3) Use of coal as an indoor fuel source.
- 4) Excess use of toothpaste.
- 5) Water derived from bore wells, dug deep down into the earth.

SIGN AND SYMPTOMS

- 1) The dental fluorosis develops before the skeletal fluorosis in people exposed to high fluoride intake.
 - Dental fluorosis:
 - Teeth lose their shine.
 - White chalky patches appear on them.
 - Mottling of the teeth enamel.
 - Yellow staining and pitting of the teeth.
 - Skeletal fluorosis:
 - Stiffness and pain in joints especially back and neck.
 - Difficulty in movement.
 - Ligaments may calcify with impairments of muscles and pain.
 - Thickening of bone.
 - Marked periosteal proliferation.
 - Acute exposure to high level of fluoride:
 - Abdominal pain.
 - Excessive salivation.
 - Nausea and vomiting.
 - Seizures and muscle spasms may also occur.

DIETARY MANAGEMENT

- 1) Fluorosis can be prevented but cannot be cured.
- 2) Avoid:
- 3) In affected areas food containing fluoride should be avoided:
 - a. Sea food - fish, shellfish, crab etc.
 - b. Cheese, tea and gelatin.
- 4) Toothpaste containing fluoride should not be used.

DO

- 1) Drinking water should be analyzed for the fluoride levels in water. Fluoride levels of drinking water should not be more than 1.5 mg/liter. In endemic areas where fluoride content of water is high, de-fluoridation (removal of excess of fluorine) is the only solution.
- 2) Mothers in affected areas should breastfeed their infants as breast milk is low in fluoride.

CONSULT PHYSICIAN

- 1) If any of the above symptoms appear see your physician, as fluorosis can be prevented but not cured.

NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PRBLEMS YOU HAVE.THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .