

Senator Ingwersen, Representative Meyer, and the Members of the Health and Human Services Committee,

As a pediatric dentist serving families across Maine, I strongly support the continued use of fluoride in our water system. Fluoride is a safe, natural, and effective way to strengthen developing teeth and reduce the risk of cavities — something that is especially important in our rural areas where access to dental care may be limited.

Decades of research and countless professional organizations, including the American Dental Association and the CDC, support fluoridation as one of the most cost-effective public health measures we have. It helps level the playing field for children of all backgrounds by providing consistent protection, regardless of income or insurance status.

In my practice, I've seen a clear difference in oral health between children who grow up with fluoridated water and those who do not. Fewer cavities mean fewer dental visits, less pain, and more confident, healthy smiles.

I strongly urge our communities to continue supporting fluoride in public water systems. It's a small step with a big impact.

Sincerely,

Dr. Yanelis Mestre

Southern Maine Pediatric Dentistry