



## **Connecticut State Dental Association**

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### **When it's Hot, Turn on the Tap!**

Southington, CT—It may be tempting to grab an ice cold bottled water during hot summer days, but sticking to tap water has many health and environmental benefits that can't be bottled! The Connecticut State Dental Association encourages consumers to stick to tap water.

Bottled water lacks adequate amounts of fluoride, or contains no fluoride at all. Fluoride is a natural mineral that is added to tap water to help maintain the overall health of your teeth. Fluoride prevents cavities, and helps build stronger teeth. Recent studies have shown a dramatic increase in cavities among the U.S. population. Dentists consider this a direct result of the fact that more people are drinking bottled water, and are not getting the health benefits of tap water.

There is the belief that bottled water is better for you than tap water when in fact, the United States' municipal water systems are considered the finest in the world. Tap water is also more strictly federally regulated than bottled water. Bottled water may also contain contaminants, and can contain up to 25% of regular tap water.

Bottled water is also expensive. In 2003, Americans spent a reported 7 billion on bottled water at an average cost of more than \$1 a bottle. With the economic hardships many of Americans are facing today, the CSDA encourages consumers to save money, and use the water right from your taps.

Consumers should consider environmental effects that bottled water is having on the earth. 1.5 million tons of plastic are used in the bottled water industry every year. Many of these bottles are ending up in over-burdened landfills. In 2006, the plastic from bottled waters caused an estimated 2.5 million tons of carbon dioxide adding to pollution and greenhouse gas emissions. Also, consider the cost of fuel required to bring these bottles from Europe or other parts of North America to your home or local store.

If you are worried about the quality of your water, most cities will test it either for free, or for relatively cheap. You can also buy a water filter that in the long run will cost you pennies per gallon. So, turn on your taps and toast to your health, environment and wallet! For more information about the CSDA, visit our web site at [www.csda](http://www.csda)

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