

# Fluorosis due to drinking water - causes, symptoms and prevention



**Dental Fluorosis**



**Skeletal Fluorosis**

- If Tube-well & Well water contains more than 1.5 mg Fluoride per liter of water, and if that water is used for drinking and cooking over a long period of time, it may lead to Dental, Skeletal and Systemic Fluorosis.
- Fluorosis, yellow or black stains appear on the teeth first. Teeth get dry and chalky. Thereafter, teeth become fragile. Gradually, bones of the body get emaciated and bones of hand, leg, spine etc. bend. Besides different systems of the body develop problems along with weakness, fatigue, muscle cramp.
- Get drinking and cooking water tested at the nearest Public Health laboratory. Source of drinking water should be tested twice a year. Use surface or river, canal, pond water for agriculture and other work. For drinking and cooking, use filtered, piped water where available or alternative sources provided by PHED or harvested rain water after filtration.
- Eat more of fresh vegetables, fruits & milk products. If you have doubts, promptly consult a physician at the hospital or health centre. It is possible to cure contamination related ailment by early treatment. Free treatment is available at Primary Health Center, Community Health Center and District Hospital.



## Swachh Pani Pio, Fluorosis Se Bacho

**Please contact your nearest Primary Health Center, Community Health Center or District Hospital for further information.**



**National Programme for Prevention and Control of Fluorosis (NPPCF)**  
 Ministry of Health & Family Welfare, Nirman Bhawan, New Delhi-110108  
 website: [www.mohfw.nic.in](http://www.mohfw.nic.in)  
 Government of India

