

# Fluoride and Water Testing Laboratories

## What is fluoride?

Fluoride is a natural element found in rocks and soil, in fresh water, and in ocean water. Waters in and around the United States have natural fluoride levels that range from 0.1 to more than 12 parts per million (ppm). One ppm is like one cent in \$10,000.00. The optimal fluoride level for a community water system is 0.7ppm.

## What are the benefits of fluoridated water?

Fluoridated water:

- Prevents tooth decay.
- Strengthens tooth enamel.
- Kills germs that cause tooth decay.
- Is a cost effective means of improving community health.

More than 50 years of evidence supports the effectiveness of fluoridated water and its ability to prevent, reduce, or even reverse the onset and development of tooth decay. Through continuous research, drinking optimally fluoridated water has been scientifically proven to be safe, not toxic, and effective.

As of 2010, the Centers for Disease Control and Prevention (CDC) reported approximately 204 million (73.9%) Americans drink fluoridated water. CDC also reported that Maryland ranked 1<sup>st</sup> in the country for residents on community water systems with access to fluoridated water (99%).

## To learn more, check out:

Visit the following web sites for more information on fluoride and water fluoridation:

Centers for Disease Control and Prevention [www.cdc.gov](http://www.cdc.gov)

American Dental Association [www.ada.org](http://www.ada.org)

National Institutes of Health [www.nidcr.nih.gov](http://www.nidcr.nih.gov)

*The table on the following two pages lists independent laboratories that are approved to test fluoride levels by the Maryland Department of the Environment and accept water samples from the general public.*

The addition of supplemental fluoride to drinking water can be compared to the addition of supplemental Vitamin D to milk.

- ◆ Both fluoride and vitamin D occur naturally and provide significant health benefits when present in a person's diet at sufficient levels.
- ◆ Sufficient levels of Vitamin D in a person's diet can prevent rickets in children and bone disease in adults. Sufficient levels of fluoride in a person's drinking water can reduce tooth decay and strengthen tooth enamel.



## Should I have the water tested to determine the fluoride level?

Many cities and towns in Maryland add fluoride to their community water systems as a cost efficient and effective way to help reduce tooth decay.

If you do not know the concentration of fluoride in your community water supply or drink well water, it is important to contact your local health department and/or have it tested, before taking any fluoride supplements.

Consult your medical or dental provider before making any decisions.

<b>County</b>	<b>Laboratory</b>	<b>Testing Details</b>
<b>Baltimore</b>	<b>Enviro-Chem Laboratories, Inc.</b> 47 Loveton Circle, Suite K Sparks, MD 21152 (410) 472-1112	<ul style="list-style-type: none"> <li>Customer can bring a 100ml (3 oz) sample in a clean container. If the customer brings the sample, test fee is \$15.</li> <li>If a technician comes to take the sample the total fee is \$50 and includes the sample test fee.</li> </ul>
<b>Baltimore</b>	<b>Martel Laboratories JDS, Inc.</b> 1025 Cromwell Bridge Road Baltimore, MD 21286 (410) 825-7790	<ul style="list-style-type: none"> <li>Customer can bring in a 100ml (3 oz) sample in a clean container. This lab will provide a sample bottle for free to the customer.</li> <li>Sample test fee is \$15.</li> <li>If a technician comes to take the sample, the charge is more.</li> </ul>
<b>Baltimore</b>	<b>Phase Separation Science, Inc.</b> 6630 Baltimore National Pike Baltimore, MD 21228 (410) 747-8770	<ul style="list-style-type: none"> <li>Customer must bring in a 100ml (3 oz) sample in a clean container. The container must stay on ice.</li> <li>The lab prefers if the customer picks up and uses a specific container provided by the lab at no charge.</li> <li>Sample test fee is \$30.</li> <li>This site does not send out technicians to take samples.</li> </ul>
<b>Baltimore</b>	<b>Trace Laboratories- East</b> 5 North Park Drive Hunt Valley, MD 21030 (410) 584-9099 (410) 229-4371	<ul style="list-style-type: none"> <li>Customer can bring in a 100ml (3 oz) sample in a clean container.</li> <li>The sample test fee is \$35.</li> <li>If a technician comes to take the sample, the fee is \$75, including sample test fee, for Baltimore/Howard County.</li> <li>Fee will be higher in counties further from the lab.</li> </ul>
<b>Baltimore City</b>	<b>Microbac Laboratories, Inc., Baltimore Division</b> 2101 Van Deman Street Baltimore, MD 21224 (410) 633-1800	<ul style="list-style-type: none"> <li>Customer can bring in a 100ml (3 oz) sample in a clean container.</li> <li>If customer brings sample, the fee is \$30.</li> <li>If a technician comes to take the sample the total fee is \$180 and includes the sample test fee.</li> </ul>
<b>Dorchester</b>	<b>Environmental Health Division (Dorchester County Local Health Department)</b> 3 Cedar Street Cambridge, MD 21613 (410) 228-1167	<ul style="list-style-type: none"> <li>This facility only conducts well water testing at the request of a private dentist.</li> </ul>
<b>Frederick</b>	<b>Fredericktowne Labs, Inc.</b> 3020 Ventrice Court Myersville, MD 21773 (301) 293-3340	<ul style="list-style-type: none"> <li>Customer can bring in a 250ml (8 oz) sample in a clean container.</li> <li>If customer brings sample, the fee is \$25.</li> <li>If a technician comes to take the sample, the total fee is \$70 and includes the sample test fee.</li> </ul>
<b>Frederick</b>	<b>Catoctin Labs, Inc.</b> 8609 Apples Church Road Thurmont, MD 21788-1312 (301) 663-5323	<ul style="list-style-type: none"> <li>Customer can bring in a 100ml (3 oz) sample in a clean container.</li> <li>If customer brings in sample, the fee is \$25.</li> <li>If technician comes to take sample there is an additional fee based on where the technician has to travel.</li> </ul>
<b>Frederick</b>	<b>Chemtech</b> 7210A Corporate Court Frederick, MD 21703 (908) 789-8900	<ul style="list-style-type: none"> <li>Customers can bring a 100ml (3 oz) sample in a clean container.</li> <li>If customer brings in a sample, the test is \$25.</li> <li>If a technician comes to take the sample there is a minimum fee of \$75 for water testing.</li> </ul>

County	Name of Lab	Testing Details
<b>Frederick</b>	<b>Chemtech</b> 7210A Corporate Court Frederick, MD 21703 (908) 789-8900	<ul style="list-style-type: none"> <li>• Customers can bring a 100ml (3 oz) sample in a clean container.</li> <li>• If customer brings in a sample, the test is \$25.</li> <li>• If a technician comes to take the sample there is a minimum fee of \$75 for water testing.</li> </ul>
<b>Howard</b>	<b>Trace Laboratories—East</b> 5 North Park Drive Hunt Valley, MD 21030 (410) 584-9099 (410) 229-4371	<ul style="list-style-type: none"> <li>• Customer can bring in a 100ml (3 oz) sample in a clean container.</li> <li>• The sample test fee is \$35.</li> <li>• If a technician comes to take the sample, the fee is \$75, including sample test fee, for Baltimore/Howard County .</li> <li>• Fee will be more in counties further from the lab.</li> </ul>
<b>Queen Anne's</b>	<b>Chesapeake Environmental Laboratory, Inc.</b> 302 Love Point Road Stevensville, MD 21666 (410) 643-0800	<ul style="list-style-type: none"> <li>• Customer can bring in a 100ml (3 oz) sample in a clean container.</li> <li>• Samples may also be mailed to the lab. The customer needs to rinse out a water bottle several times, fill it with tap water, and tape it closed. The sample must be packed snugly in a box with a note that has contact information for the customer, has the date and time the sample was taken, and states the customer wants a fluoride test.</li> <li>• The test fee is \$20.</li> <li>• If a technician comes to take the sample, the fee is \$75 and includes the sample test fee.</li> </ul>
<b>Queen Anne's</b>	<b>Water Testing Aardvark Laboratory</b> 1000 Butterworth Court Stevensville, MD 21666 (410) 643-7711	<ul style="list-style-type: none"> <li>• Customer can bring in sample in a clean container.</li> <li>• The test fee is \$25.</li> <li>• If a technician takes the sample, the fee varies based on the distance the technician must travel. For example, \$110 for Baltimore County, \$160 for Frederick County.</li> </ul>
<b>Queen Anne's</b>	<b>Environmental Health Division (Queen Anne's County Local Health Department)</b> 208 N. Commerce Street Centreville, MD 21617 (410) 748-2281	<ul style="list-style-type: none"> <li>• A technician comes to take the sample for no fee.</li> <li>• The test fee is \$40.</li> </ul>
<b>Washington</b>	<b>Washington County Division of Environmental Management Laboratory</b> 16232 Elliott Parkway Williamsport, MD 21795(240) 313-2604	<ul style="list-style-type: none"> <li>• Customer can bring in the sample in a clean container.</li> <li>• The sample test fee is \$12.</li> <li>• If a technician comes to take the sample, the fee is \$27 and includes the sample the test fee .</li> </ul>
<b>Wicomico</b>	<b>Eastern Shore Regional Lab</b> 926 Snow Hill Rd., #500 Salisbury, MD 21804 (410) 219-9005	<ul style="list-style-type: none"> <li>• Sanitarian from Wicomico Environmental Health needs to take the sample. The test fee is \$101.40.</li> <li>• If an individual wants their water tested, they must call Wicomico Environmental Health at 410-546-4446 to make the arrangements.</li> </ul>

Resource list compiled by Rachel L. Abbott (Summer 2011); Updated and edited by Sarah D. Radice (Spring 2013) - Herschel S. Horowitz Center for Health Literacy. Sources used include: telephone communication with various labs, MD Department of the Environment resource list *Water Quality Laboratories Certified in Maryland*, communication with a regulatory and compliance engineer—MD Department of the Environment.