CONCLUSION
Dental fluorosis is endemic in the districts of Alappuzha and Palakkad in Kerala. The prevalence was found to be 37.4% and 39.2% respectively in Alappuzha and Palakkad. Increased fluoride level in drinking water was found to be a risk factor for the development of dental fluorosis. The other risk factor identified for the development of dental fluorosis was the habit of drinking black tea in both the districts. Use of toothpaste was also found to be a risk factor for dental fluorosis in the district of Alappuzha. The noticed prevalence of dental fluorosis in Alappuzha and Palakkad was observed to be having a combined effect of increased fluoride level in drinking water and consumption of black tea.

It was observed that the prevalence of dental fluorosis in a state or district is a local public health problem. Therefore in addressing the problem of fluorosis, the evaluation of fluorosis and fluoride level in drinking water of that particular area along with the food habit of the people and use of fluoride rich items by them have to be considered so as to make provision for safe drinking water and reduction of fluoride rich food materials and other items in the endemic areas in the community.