

Fluorosis

In the U.S., the EPA considers fluorosis a cosmetic effect rather than an adverse health effect

Fluorosis appears initially as faint white streaks on the teeth advancing to white patches progressing to brown stains and pitting or mottling of the teeth. Generally this does not occur except in areas where the concentration of fluoride in the water is greater than 2 ppm. Fluorosis most commonly occurs with children eating toothpaste. The exact age at which teeth are most vulnerable is controversial, but after 6-8 years of age there are no adverse effects of fluoride.

Major Recent Reports on Effectiveness

These are studies done in communities with fluoridated water supplies, not naturally occurring fluoride in the water

2010 Health Canada www.hc-sc.gc.ca/

2007 Australia www.nhmrc.gov.au/guidelines/publications/eh41

2002 www.fluoridesandhealth.ie/documents/

Study on the safety of fluoride in water supplies with naturally occurring fluoride
2007 National Research Council (this is the working arm of the National Academy of Science, the National Academy of Engineering, the Institute of Medicine, and the National Research Academy)

They did say more research is needed but found no problems with controlled community water fluoridation at the recommended concentrations

Environmental Concerns

2006 Study at the University of Michigan found no negative effects on the environment, no negative effect on health of plants, animals, humans, no effect on corrosion of pipes, no measureable increase in lead or arsenic, no measureable increase of fluoride in rivers, streams, ground water, no release of toxins or hazardous substances

Document relative to the environment is the Takoma Pierce County report:
www.tpchd.org/files/library/476fdfaa7219ff8f.pdf

A recent paper on the safety of fluoride in the environment is: Pollick, HF. Water fluoridation and the environment: perspective in the United States, Int J Occup Environ Health, 2004 July - Sept 10(3) 343-50

Fluoridation Reduces Disparities

Data from the California Oral Health Needs Assessment, 1993-1994

Armfield JM, Spencer AJ. Community Effectiveness of fissure sealants and the effect of fluoridated water consumption. Community Dental Health. 2007 Mar; 24(1):4-11

Singh KA, Spencer A. Relative effects of pre and post-eruption water fluoride on aries experience by surface type of permanent first molars. J. Community Dental Oral Epidemiology 2004;32:435-436

Preventing decay in adults -Griffin, SO, Regnier, E, Griffin PM, Huntley VN, May, 2007: Effectiveness of fluoride in preventing caries in adults, J Dent Res 86;410-414

Does fluoride have any effect on IQ?

Studies that seemed to indicate lower IQ's in areas of high fluoridation were not done in the U.S. The studies reviewed did not in many cases, delineate the concentration of fluoride in the water. In some cases the concentration was 11 ppg which is at 2 ½ times the MCL set by the EPA. Other factors such as the presence of high levels of arsenic and lead were not considered, as well as potential dietary deficiencies. There are no epidemiologic studies in the United States, which would support decreased IQ's in communities with a recommended level of fluoride. I believe Dr. Myron Allukian recently sent you some studies done in New Zealand and a British review of the studies done in China, Brazil, Mexico and Iran which pointed out underlying flaws in those studies.

Fluoride and Osteosarcoma

Journal of Dental Research 2011, Harvard Study, bone fluoride levels are not associated with osteosarcoma

Oct 2011, California Office of Environmental Health Hazard Assessment determined that fluoride does not cause cancer, under Project 65, fluoride was not added to their list of known carcinogens

Fluoride and Kidney Disease

2008, National Kidney Foundation issued a statement that there is insufficient evidence at this time to recommend the use of fluoride-free drinking water for patients with renal disease

Community Water Fluoridation banned in Europe

No country in Europe has banned community water fluoridation; under the EU Union countries are free to do as they wish. Some countries add fluoride to salt or milk as an alternative, some have fluoride occurring naturally in their water supply.

Fluoride is a rat poison?-Sodium fluoroacetate and fluoroacetamide are used as rat poisons and pesticides.

Warfarin known to us as Coumadin is probably the most common rat poison, but it is also used as an anti-clotting agent and prescribed for millions of people to prevent pulmonary thrombosis, coronary artery disease, etc.

Calciferols are used as rat poison; vitamin D is a calciferol.

In Massachusetts alone, 4 million people live in areas where fluoride is added to the water supply. There have never been any obvious indications of negative effects in the 140 communities which have fluoride in their water supply. There are other ways to prevent or reduce decay by the use of fluoride, but fluoride continues to be one of the most cost effective and efficient ways to cut across all socio-economic barriers and provide prevention to those most in need, the poor and the underserved, in many cases the children and the elderly in our communities.