

# 10 Facts about Fluoride

by Michael Connett, attorney for Fluoride Action Network

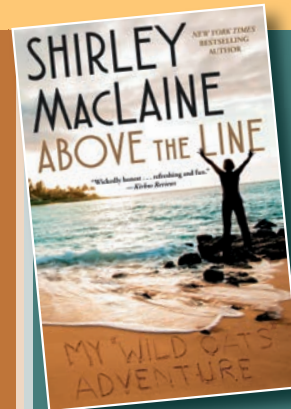


Bill Wolfe DDS

- 1 Most developed countries do not fluoridate their water.** More people drink artificially fluoridated water in the US alone than in the rest of the world combined. Most advanced nations do not fluoridate their water. In Western Europe, 97% of the population has water without a single drop of fluoride added to it.
- 2 Fluoridated countries do not have less tooth decay than non-fluoridated countries.** There is no discernible difference in tooth decay between the minority of developed countries that fluoridate water, and the majority that do not.
- 3 Fluoride affects many tissues in the body besides teeth.** According to the well-known toxicologist, Dr. John Doull, who chaired the *National Academy of Science's* review on fluoride's safety, concluded that fluoride is an "endocrine disruptor" and can affect many things in the body, including the bones, the brain, the thyroid gland, the pineal gland, and even blood sugar levels.
- 4 Fluoridation is not a "natural" process.** Fluoride occurs at naturally high levels in some water supplies. However, lots of toxic substances, like arsenic and lithium, can occur at naturally high levels. This doesn't mean they're safe. Also, the main fluoride chemical (fluorosilicic acid) that is added to water is not a naturally occurring compound. It is a corrosive acid captured in air pollution control devices of the phosphate fertilizer industry.
- 5 40% of American teenagers show visible signs of fluoride over-exposure.** According to the CDC, 40% of American teenagers have a condition called dental fluorosis. Fluorosis is a defect of tooth enamel caused by fluoride's interference with the tooth-forming cells. The high rate of fluorosis in the US reflects the fact that children now receive fluoride from many sources besides tap water.
- 6 For infants, fluoridated water provides no benefits, only risks.** Infants who consume formula made with fluoridated tap water consume up to 700 to 1,200 micrograms of fluoride, or about 100 times more than the recommended amount. According to the CDC, this early fluoride exposure provides no advantage to teeth. Teeth are not the only concern. In July of 2012, scientists from *Harvard University* warned that the developing brain may be another target for fluoride toxicity.
- 7 Fluoride supplements have never been approved by the FDA.** Because of fluoride's toxicity, you can only buy a fluoride "supplement" if you have a doctor's prescription. Yet, although federal law requires that prescription drugs be approved as safe and effective by the FDA, the FDA has never approved fluoride supplements for the prevention of tooth decay.
- 8 Fluoride is the only medicine added to public water.** Fluoride is the only chemical added to water that doesn't actually treat the water. Because fluoride is not a nutrient, the FDA has defined fluoride as a medicine when used to prevent disease. With other medicines, it is the patient, not the doctor, who has the right to decide which drug to take. Fluoridation denies people this right.
- 9 Swallowing fluoride provides little benefit to teeth.** Fluoride's main benefit does not actually come from ingestion, it comes from fluoride's topical contact with teeth; a fact that even the CDC has now acknowledged.
- 10 Disadvantaged communities are the most disadvantaged by fluoride.** The simple fact is that poor populations need dental care, not fluoridation chemicals in their water. The millions of dollars spent each year promoting fluoridation would be better spent on real dental care: like allowing dental therapists to provide affordable care to populations with little access to dentists. In short, fluoridation provides good PR for dental trade associations, but bad medicine for those it's supposedly meant to serve.

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