

- children from Kindergarten to Grade 8 would brush with a stannous fluoride treatment paste. This was a topical self administered fluoride treatment. Our goal was to prevent tooth decay, plus teach oral hygiene. This procedure did not give life long benefits and had to be repeated yearly. Programs like this are costly and require many trained dental health professionals to administer them.

"Water fluoridation's" benefits occur during tooth development in both primary (baby) and permanent teeth. Its benefits are life long and the cost per capita is very low.

Some residents of Essex County may already have naturally occurring fluoride in their well water – hopefully at the optimum amount of 1 part per million. The rest using town water would benefit for a lifetime if this proven measure was used.

Vote "no" – your children's and grandchildren's dental health will suffer.

Vote "yes" – your children and grandchildren will "thank you".

There are many of us who did not benefit from this preventive measure when we were growing up. As a result many of us:

1. suffered from toothaches
2. had severe ear aches
3. had important teeth extracted
4. were terrified of the dentist
5. had extensive dental work done as adults
6. as children, in large families experienced financial difficulty paying the dental bills.

I have nothing to gain personally by writing this letter. I just have a lot of valuable information to share with you. I would like you to know what a joy or pleasure it is to examine the teeth of someone who has never had a filling, never experienced the pain of a toothache, infections, extractions, extensive dental work. Most of these people enjoyed water fluoridation.

Many people have an intense fear of dentists – these people are the ones that have had unpleasant or painful experiences. Have you ever experienced a toothache? If so, you know what I am explaining here.

"Good Dental Health" affects "General Health". Teeth are important for:

1. chewing and eating
2. good speech
3. appearance

I live in an area serviced by "Union Water Plant" located in Ruthven. I can see it from my house. Unfortunately, this plant is "non-fluoridated" mainly because of the opposition from one of this town's main employers and processors of baby food. This company is H. J. Heinz who did not want to install equipment to remove fluoride from their water supply. My own children lost out on the benefit of "Water Fluoridation". As a result, since birth until their permanent teeth were formed, I purchased and gave them a daily vitamin with fluoride in it - Poly Vi Fluor. Not everyone has a mother who is a Dental Hygienist.

My 33 year career as a Dental Hygienist, working in different settings, has exposed me to thousands of people of all ages and also from many different countries. Our challenge was to care for the dental needs of these people as well as teach them how to keep their teeth for a lifetime. I have had a strong interest in community dentistry and Dental Health Education.

My experience tells me that "Prevention Works". I am hoping that my letter is convincing you.