

## Fluoridation Presentation 2019

### Let Water Be Water

1. Hello, My name is Ayesha Drouillard. I'm here as a mother and concerned citizen to defend our right for safe, non-medicated water.

2. Hydrofluorosilicic acid is added to our water, allegedly, to prevent tooth decay. It's **not** a naturally occurring form of fluoride (like calcium fluoride), **nor** is it the pharmaceutical grade (like the sodium fluoride) used in your dentist's office. You can hold the fluoride that's found in **nature** in your hand. But if a **HFSA** transportation spill occurred, the recommended clean up protective equipment includes a hazmat suit. The **truth** (confirmed by the Windsor Utilities Commission in 2012) is that HFSA is an **unregulated byproduct** of the fertilizer industry. Clearly, dilution is the solution to this industry's pollution, and our children's kidneys are the filter.

3. This is the **only** chemical added to water for the purpose of **mass medication**. It's **not** a nutrient and it does **not** clean or purify the water, like chlorine does. It's also absorbed through the skin and inhaled when we bathe or shower. We would drink less than 2% of it. The other 98% literally goes down the drain, into our environment, when we do laundry or wash dishes.

4. I'm not against the topical use of pharmaceutical grade fluoride treatments at the dentist's office. We just don't want to drink HFSA. Even at the dentist you have to spit it out **AND** you have a **choice**. Dentists are experts of teeth and matters of the oral cavity, they are not educated about the effects of hydrofluorosilicic on the rest of the body or the environment.

5. Excessive ingestion of fluoride during early childhood can damage tooth-forming cells leading to a defect in the enamel known as **dental fluorosis**. Our daughter developed this condition at the age of two. We were told it was just cosmetic and were charged over \$700 to treat her fluoride damage. She was embarrassed to smile

because of what she called her “fluoride teeth”. Since then, we have learned that this disease is **not** just a cosmetic problem, but a window to the bones. Dental fluorosis is the visible sign of fluoride poisoning. Like bones, a child’s teeth are alive and growing. Fluorosis is the result of fluoride rearranging the crystalline structure of a tooth’s enamel as it is still growing. It is evidence of fluoride’s potency and ability to cause physiologic changes within the body, and raises concerns about similar damage that may be occurring in the bones.

6. Imagine if teeth were used to gauge the toxicity of cigarettes. Using this logic, smoking advocacy groups could argue that the worst adverse effect is the yellowing of one's teeth, claiming the negative effects of smoking are only cosmetic.

7. Health officials who promote fluoridation of municipal drinking water and claim that it's safe and effective are **not** toxicology experts. They're only experts of the **policies** that **endorse** fluoridation. These policies are based on the science of long ago, instituted when arsenic, asbestos and lead were considered harmless.

8. According to the Precautionary Principle, it is **NOT** the responsibility of safe water advocates to prove that HFSA is dangerous. **Promoters** of water fluoridation need to prove that it’s safe for humans, animals and the environment **before** adding it to our water.

9. The precautionary principle requires that we consider the possible benefits, the possible harms and whether there are feasible alternatives for producing the benefit. For fluoride, the benefit is slight if any. Possible harm is great and almost certain for some, like dental fluorosis and thyroid suppression. There **are** harmless and accessible alternatives for attaining the desired benefit. And so, fluoridation does **NOT** pass the test of the precautionary principle.

Free dental care is a far more effective and ethical way to improve dental health than water fluoridation. How about a return to dental health nurses in schools? Or an oral health education program, and education about Nutrition, Hygiene, and consuming less sugar? So many alternatives!

10. Besides toothpaste, there are many, many other sources of fluoride all around us! Fluoride is not needed for any bodily function. Considering that's it's already impossible to avoid, adding it to our water supply would be reckless! For example, individuals with mental health issues are not assessed for fluorosis, but people suffering from depression are often prescribed anti-depression medications which are fluorinated.

11. Since it's so easy for formula-fed infants to be over-exposed, will each water bill have a warning to warn parents and caregivers not to mix formula with fluoridated tap water? They need to be aware that bottle fed babies are the most at risk. Fluoride cannot be boiled out, in fact, boiling only concentrates it. Babies bottle fed with fluoridated water receive a HUGE dose of fluoride compared to breast fed babies. Even if the mother is consuming fluoridated water, her body filters it out of her breast milk. Breast milk contains 0.004 ppm, this means bottle fed babies receive roughly 200 times more fluoride than a breast fed baby. And babies do not even have teeth!

12. Will there be warnings for people more vulnerable to fluoride, like diabetics, kidney patients, pregnant women and people with thyroid dysfunction? Is the city going to pay for safe water for low-income families who cannot breastfeed? Will the Health Unit start a breastfeeding campaign? All these places already have warnings about mixing infant formula with fluoridated water:

13. Let's not forget our pets. They already get fluoride from dog and cat food. The Environmental Working Group put out a paper in 2009 revealing high levels in various brands of pet foods. Also having it in their drinking water is too much. Does your pet suffer from symptoms of arthritis? Studies link fluoride overexposure to skeletal fluorosis (over-accumulation of fluoride in the bones) and osteosarcoma (bone cancer). Let's protect our fur-babies!

14. Currently, less than 6% of the Earth's population fluoridates and this small fraction is diminishing as more and more communities are realizing the fact (confirmed by the Windsor Utilities Commission) that the products used for water fluoridation have never been tested for safety on humans or the environment. Most of Essex County has **NEVER** fluoridated.

It's ironic and baffling that Windsor council wants to add hydrofluorosilicic acid back into our public water supply even know all these vibrant communities around us (like Leamington, Kingsville, Essex) have **never ever** fluoridated and have the same or better dental health than us. More and more cities are stopping the practice based on the precautionary principle.

15. 98% of Europe has banned or rejected water fluoridation. There is **no** difference in tooth decay between Western nations that fluoridate their water, and those that do not.

16. Look at all these progressive, thriving, non-fluoridated destinations! Vancouver's cavity rate is lower than Toronto's and Vancouver has **never** fluoridated. Montreal has **never** fluoridated either.

17. Promoters want you to believe that every organization and doctor in the world endorses fluoridation. This is **not** the case. All these respected organizations and experts oppose artificial water fluoridation.

18. This is an issue that affects so much more than our teeth. It affects our basic human rights and the overall well-being of our whole community!

19. Who decides what the acceptable level of collateral damage is? Why take these unnecessary risks? If there's any doubt, please leave it out!  
And let's **continue** enjoying water **free** of fluoride chemicals along with the rest of Essex County, most of Canada and the world!

Thank you