

Dear Mayor McNamara and Tecumseh Councillors

- The National Academy of Science's (NAS) 2006 report, Fluoride in Drinking Water, determined fluoride was an endocrine disruptor and "The chief endocrine effects of fluoride . . . include decreased thyroid function." This 507-page report is the most authoritative and comprehensive review ever compiled on the issue. <http://dels.nas.edu/Report/Fluoride-Drinking-Water-Scientific/11571?bname=>
- 2018 People drinking 'optimally' fluoridated water in Canadian communities have a heightened risk of low thyroid function because fluoride interferes with iodine metabolism.

<https://www.sciencedirect.com/science/article/pii/S016041201830833X>

Incredibly, Dr. Ahmed told Windsor Council that he had "proof" fluoridated water was safe and held up a report (not a peer-reviewed study) which stated the following:

Hypothyroidism

As per the 2010 Health Canada fluoride document, fluoride may adversely affect endocrine glands such as the thyroid.⁷ The effects of fluoride on thyroid function might depend on the intake of iodine, as there is an association of thyroid dysfunction with low iodine intake; however, in Canada, this is unlikely to occur because iodized salt is mandatory.

But iodized salt is NOT mandatory and according to Stats Canada, 22% of Canadians ages of 3 to 79 have a mild deficiency in iodine and 7% have a moderate deficiency. <https://www150.statcan.gc.ca/n1/pub/82-625-x/2012001/article/11733-eng.htm>

Growing evidence of harm has continued since your last meeting re: artificial fluoridation

- the CDC (NHANES) released a survey claiming 65% of teens now have some form of dental fluorosis and 30.6% have conditions advanced enough to be considered moderate to severe. Dr. Ahmed's report claimed zero incidents since 2011 – further proof the Oral Health report is an unreliable source of information. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5929463/>
- Fluoride in Drinking Water linked to Dementia study released March, 2019. <https://www.ncbi.nlm.nih.gov/pubmed/30868981>

Meanwhile, The Ontario Safe Drinking Water Act (OSDWA) Section 20(3) clearly states, "For the purposes of prosecuting the offence of contravening subsection (1), it is not necessary to prove that the thing, if it was diluted when or after it entered the system, continued to result in or could have resulted in a drinking water health hazard," – "Dilution No Defence".

Understand that when Dr. Ahmed speaks about water fluoridation using terms like 'optimal level' or 'optimal concentration' in drinking water – this is a dilution defence argument, which is not permitted under the OSDWA.

Windsor's councillors are under a false impression that they cannot be sued for their decision to resume adding artificial fluoridation chemicals because recommendations came from Dr. Ahmed. But Dr. Ahmed is not an authority on fluoride toxicity or the law and he is not impartial because his job requires him to promote artificial fluoridation.

Please arm yourselves with the legal considerations attached regarding the Fluoridation Act and make no mistake, this decision is yours, not Dr. Ahmed's.

Regards,
Donna Mayne
Windsor, ON