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IS ADDING FLUORIDE TO OUR DRINKING WATER SAFE?

By Ed Corrigan, AltLondon.org, September 15, 2014

I was reading my fluoride-enhanced tube of toothpaste recently and was surprised to see the following warning. "Caution: Do not swallow. KEEP OUT OF REACH OF CHILDREN UNDER 6 YEARS OF AGE. If more than used for brushing is accidentally swallowed, get medical help or contact a Poison Control Centre right away."

I am aware that nearly 30 Canadian cities have either stopped adding fluoride to their drinking water or rejected adding it to their public drinking water. These cities include Vancouver, Quebec City, Thunder Bay, Calgary, Waterloo and Windsor. What prompted them to reject using fluoride?

According to one source, "city councils were pressured to ban the substance by small and vocal anti-fluoridation groups" who the writer called "crazies."

In 2012, the City of London briefly considered having a referendum on fluoride being added to our water supply.

According to a London Free Press report, "City staff recommended continued treatment of city water with fluoride because it prevents cavities and because the practice is recommended by bodies such as the World Health Organization, Health Canada, Ontario's chief medical officer of health and the Middlesex-London Health Unit."

Only Councillors Joni Baechler, Dale Henderson and Stephen Orser supported the motion to have a referendum on adding fluoride to London's drinking water.

The consensus among Canadian government officials is that adding fluoride to drinking water is safe. Or so we are told. The benefits of fluoride were described as "one of the most cost-effective public health policies ever devised." It is reported to reduce cavities.

Other sources paint a different picture. One study indicates that "There is no difference in tooth decay between western nations that fluoridate their water and those that do not."

Almost all of Western Europe does not add fluoride to their water supply.

The Ontario Ministry of Health and Long Term Care in 1999 said the following: "The magnitude of [fluoridation's] effect is not large in absolute terms, is often not statistically significant and may not be of clinical significance."

According to one study In British Columbia, Canada, "the prevalence of caries decreased over time in the fluoridation-ended community while remaining unchanged in the fluoridated community," as reported in the journal of Community Dentistry and Oral Epidemiology.

At the very least there are conflicting view points on the benefits of fluoride on reducing cavities.

What do the Canadian government studies say about the safety of adding fluoride to our drinking water?

One individual decided to get this information in a detailed Access to Information Request asking for all studies looking at potential adverse effect of fluoride on human health. The reply this individual received was the following, " After a thorough search for the requested information, no records were located which respond to your request."

In other words, there were no Canadian government studies whatsoever on the effects of fluoride on human health. Fortunately, there are some reputable studies on the effects of fluoride.

On March 22, 2006, the prestigious American National Research Council (NRC) of the National Academies of Science released a 450-page review of fluoride toxicity.

The study, which was three years in the making, concluded "that the safe drinking water standard for fluoride (4 ppm) causes significant damage to teeth, and places consumers at elevated risk for bone damage, including bone fracture and joint pain."

Accordingly the NRC recommended that the safety standard for fluoride be reduced. "In addition to its concerns about tooth and bone damage, the NRC identified a range of other health effects that may be associated with fluoride exposure, including damage to the brain, disruption of the endocrine system (thyroid gland, pineal gland, and glucose metabolism), and bone cancer." (source [HERE](#))

The NCR Report went into great detail looking at the adverse effect of fluoride on the brain and intelligence, on the endocrine system, on the immune system, on the thyroid, on sexual maturity and the reproductive system and the gastrointestinal system.

The NRC Report also indicated that fluoride is a possible link to the cause of Down Syndrome. There were also reported suspected links to cancer, in particular bone cancer, bladder cancer and even lung cancer. According to the NCR Study fluoride in drinking water was also a suspected link to an increase in diabetes.

The question remains is adding fluoride to our drinking water safe? Does adding fluoride to our water actually reduce tooth cavities?

There is a growing body of scientific evidence that answers both questions in the negative. It is time that London City Council took a hard look at the effect of adding fluoride to our drinking water. The safety of Londoners should come first.

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