
Complicated issue

Re: Fluoride-fighters should be saving us from oh so many other things – Nov. 30

In regard to the citizens of Waterloo being asked to weigh in on the fluoridation question, although I live in Kitchener, I consider myself to be fairly representative of an average citizen.

I am not a biologist, scientist or medical specialist, so how is the average citizen supposed to know whether the fluoride that was being added to the water was completely safe for all citizens? There is research which suggests that ingesting fluoride is not necessary to maintain healthy teeth, rather that teeth will receive a similar benefit through a fluoride rinse. Some research also indicates that ingesting the fluoride chemical has been associated with dental fluorosis — which actually degrades teeth over time.

With regard to guest columnist Heidi Engelhardt's analogies, I have not heard similar criticisms about the vitamins and minerals that are being added to our food. Maybe some issues are controversial for a reason. To draw my own analogy, I can remember back when climate change was considered to be a fringe issue.

Perhaps there could have been a better way of dealing with this issue rather than expecting citizens to make their decision while in the midst of wading through a number of different election campaigns.

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