

Fluoride poses problems

Re: It's safe and effective
- April 15

Dr. Kerr Banduk, speaking as chair of the Ontario Dental Association's committee on water fluoridation, applauded "the Region of Waterloo for keeping the question on water fluoridation simple," in a recent letter to this newspaper.

I would agree with Banduk that fluoridation is effective. It affects significant changes in oral health. Unfortunately, the effects of artificially fluoridated water are not confined to the mouth. Banduk and his association would have us swallow the stuff.

And so not just oral health is involved, but systemic health can be affected.

Thus, the question and the dental association's response to it are oversimplified.

The basis of their claim for the efficacy of fluoridation is that it bonds to calcium and hardens tooth enamel significantly to retard or prevent tooth decay. The method of delivery of this fluoride to the tooth is via the blood system.

Yet calcium plays a vital role in other parts of the body served by the blood system. The most obvious are bones and breast tissue.

Calcium is also vital to brain function. When does hardening become harder, too hard, and even brittle?

Fluoride also displaces iodine. Iodine is essential to thyroid function. Our salt is iodized to promote thyroid health.

The dental association's website Banduk refers you to is entitled <http://youroralhealth.ca/> youroralhealth.ca - they have no expertise in internal medicine and cannot and do not comment on what else happens in the human body when fluoride is swallowed.

If you want to use fluoride, you can readily obtain it in toothpaste, mouth rinse, or even tablet form. But follow the cautions on the label and do not swallow it.

And do not swallow the advice of Banduk. Vote no and control the amount of fluoride you decide to put in your body. It should be your choice.

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