

Stop fluoridating and save money

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A quick solution is available to city council to get around their disagreement with staff on where to find \$500,000 in savings for a new infrastructure fund.

They merely have to stop wasting taxpayers' money fluoridating the water supply.

Waterloo is the only municipality in this region to fluoridate its water. The others don't report significant differences. Public health reports indicate that Kitchener has a one per cent higher incidence of tooth decay in school children.

Fluoride is effective at preventing tooth decay when applied topically.

Dentists will, in certain cases, paint tooth surfaces to prevent caries. They don't administer it as a liquid to be swallowed. They don't inject it.

On the tooth's surface, fluoride kills bacteria which form plaque and subsequently attack tooth enamel. The sodium fluoride also acts on the tooth itself to slow demineralization and/or re-mineralize the surface.

Neither of these processes can occur from a medication that you ingest.

What is the physiological process by which it is carried from the gut to the tooth's surface? As Coun. Veith argued, "You don't drink suntan lotion to prevent sunburn."

Access to fluoride today is easy for those who feel they need it by way of toothpaste and mouthwash of a pharmaceutical grade. Fluoride should be a matter of informed choice between individuals and dentists.

The fluoride in toothpaste and in oral rinses is not the same as what is being put in our water. The fluoride used in Waterloo's drinking water is hydrofluorosilicic acid (HFSA), a compound byproduct of phosphate and fertilizer production. This hazardous material that cannot legally be released into the atmosphere is produced by injecting water and sulfuric acid into the gases in the smoke stack scrubber.

The liquid washed out of the scrubber at that point is about 23 per cent hydrofluorosilicic acid. Other chemicals are present, notably trace elements of lead and arsenic -- both accumulate in the human body. The HFSA used is not pharmaceutical grade. The fluoride in toothpaste is sodium fluoride and generally is a safer and more stable compound, yet on the package you will find a caution about swallowing it.

If the city's water is fluoridated by policy, what choice do you have?

If you are affluent, you will always have a choice. You don't have to gamble and can buy a reverse osmosis system. But if you are not, what choice do you have? Does the city have the right to medicate all its citizens, those who consent and those who do not?

Thus, we have a situation where the city is imposing an ineffective system, at considerable cost, on all its citizens, willing or unwilling, which may harm any one of them. How many may be harmed? How many can you afford to have harmed?

Flouridation is not necessary. It provides no benefit that cannot be derived from other sources.

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