



WHO controls the tap?

Waterloo is the only member of the Region to add fluoride into our drinking water.

Our water is allowed to cross-fluoridate other communities without their knowledge or consent!

Elmira, St. Jacobs, parts of Kitchener, Woolwich Twp. and Wilmot Twp. Others?

Water Fluoridation?

Here Since 1966



We Say NO!

Let's understand the issues behind this important public concern.

What are we putting into our drinking water?

We put unprocessed toxic industrial waste called hydrofluorosilicic acid (HFSA) into our drinking water as the cheapest source of fluoride. **Drinking HFSA has not been scientifically proven as safe or effective in promoting dental health. It contains arsenic, lead, mercury, radioactive compounds, and other known industrial toxic contaminants.**

What is HFSA H₂SiF₆ Hydrofluorosilicic Acid?

Canadian Environmental Protection Act classifies it as "**persistent**", "**bioaccumulative**" and "**toxic**".

Environment Canada classifies it as a "**hazardous substance**".

Transport Canada classifies it as a "**dangerous good**".

US Environmental Protection Agency classifies HFSA as "**class one hazardous waste**".

Where does HFSA come from?

Hydrofluorosilicic acid is a water-based toxic hazardous waste scrubbed from the smokestack chimneys of the phosphate/fertilizer industry. It is an unprocessed liquid compound, which is put into barrels or tanker trucks, shipped out, and dumped into our (otherwise clean) municipal drinking water.

"If this stuff gets out into the air, it's a pollutant; if it gets into the river, it's a pollutant; if it gets into the lake, it's a pollutant; but if it goes right straight into your drinking water system, it's not a pollutant. That's amazing!"

Dr. J. William Hirzy (2000)
Senior Chemist at the
US EPA Headquarters

"In regard to the use of fluosilicic acid as a source of fluoride for fluoridation, this agency regards such use as an ideal environmental solution to a long-standing problem. By recovering by-product fluosilicic acid from fertilizer manufacturing, water and air pollution are minimized."

Rebecca Hanmer (1983) Deputy
Assistant Administrator For Water
US EPA

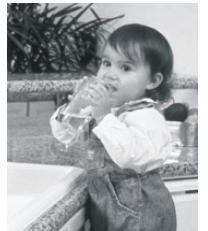
Why do we put this stuff in our water?

Historically, it was said that small amounts of **natural fluoride** in drinking water helped our teeth during tooth formation. **Claims were always about naturally occurring fluoride, never about the industrial toxic waste fluoride we are actually adding to our drinking water.**

Today's science shows fluoride helps when applied at higher concentrations directly on the tooth surface (topically), not through swallowing it. Just like sun screen, apply it don't swallow it. Swallowing fluoride is just like swallowing any other toxic chemical. It accumulates in our bodies over a lifetime, it harms us, and there is no demonstrated benefit to drinking it.

Water fluoridation must still be good?

The Ontario Ministry of Health, the American Dental Association and other organizations



are now advising parents not to give fluoridated water to infants and young

children. It was thought we could control an individual's fluoride **dose**, keeping health risks low. Who controls how much fluoridated water you drink each day? Who controls the fluoride you receive from food, beverages, environmental pollution, pesticides, pharmaceutical and dental products, or through your lungs and skin? Who controls for age, size, body-weight, unique predisposition, or ability to tolerate fluoride?

"In 1997, the EPA estimated that Americans were ingesting nearly five times more fluoride than in 1971 - from food and drinks alone."

Smith G. 2001, Why Fluoride Is An Environmental Issue, Earth Island Institute, 22nd meeting of the ISFR, August 24-27

Ont. Min. Health: "Use non-fluoridated toothpaste or no toothpaste for young children." Letter to Ontario Medical Officers of Health et. al. 2000

Ont. Min. Health: "Where baby formula is used, non-fluoridated water should be used for mixing." Letter to Ontario Medical Officers of Health et. al. 2000

Health Canada: "Children under six years of age should be supervised while brushing, and children under the age of three should have their teeth brushed by an adult without using any toothpaste." Fluorides and Human Health 2005

Health Canada: "Never give fluoridated mouthwash or mouth rinses to children under six years of age, as they may swallow it." Fluorides and Human Health 2005

Health Canada: "If more than used for brushing is accidentally swallowed, get medical help or contact a Poison Control Centre right away." Warning to be mandated for 2009

A pea-sized amount of fluoridated toothpaste contains the same amount of fluoride as a glass of fluoridated water.

Don't Swallow Swallow



0.25 mg
TOOTHPASTE
Grade Fluoride



0.25 mg
HAZARDOUS WASTE
Grade Fluoride

Quebec MOE Report 1979

The 1979 Report prepared for the Quebec Minister of the Environment by the Advisory Committee on the artificial fluoridation of water supplies, titled "Fluorides, Fluoridation and Environmental Quality".

This report is a comprehensive, evaluative, reasoned, conclusive undertaking, which reviewed the science and guided Quebec and its people to say no to artificial water fluoridation in that province.

Quebec MOE Report 1979 Quotes:

"Full-scale retrospective epidemiological studies whose scientific value has been demonstrated before the courts have revealed that there is a marked correlation between increased cancer mortality rates and the artificial fluoridation of public water supplies. In the light of these and other findings dealt with in the report, the committee recommends that application of Bill 88 be suspended indefinitely until such time as the studies required to scientifically evaluate the risks of artificial fluoridation to the population have been fully considered and acted upon." p. 3-4 (Bill 88 - A Quebec Bill to adopt drinking water fluoridation.)

"On the other hand, it has not yet been established with any certainty that water with the recommended level of fluoridation is effective in preventing tooth decay." p. 128-129

"We must recognize that in this respect we are witnessing the most extensive toxicological study ever made on the human race, and that this study is being carried out without the consent of the people involved." p. 129

"A number of studies, carried out under strict controls, have shown that there has been a substantial increase in fluorides in water, in food and in the atmosphere, and that those exposed perforce absorb a much higher amount daily than the 1 to 2 mg considered safe by the WHO. In the circumstances, the committee is of the opinion that an additional amount of fluorides would be not only useless but dangerous. In other words, we should be more concerned about possible intoxication than with deficiencies of fluorides." p. 138-139

"The scientific value of studies on dental caries is being questioned because of the great number of variables, all of which can influence the research results in important ways and which are not controllable." p. 254

"Fluorine is highly toxic for the human organism, and there is only a very thin line dividing the acceptable level from the toxic level." p. 254

"Recent studies have shown that fluorides have mutagenic properties, and that even a low level of fluorides can cause changes in the genetic material of cells. These data are very significant because mutagenesis is a first evidence of carcinogenesis in the body." p. 255

"Extensive retrospective epidemiological studies, embracing large population segments observed over a number of years, have shown significant correlation between the cancer mortality rate and artificial fluoridation of drinking water. The results of these studies are extremely important because they are closely related to the mutagenic properties of fluorides; this has been demonstrated by scientific experiments under the most rigid controls." p. 255

"... the committee recommends that a suitable program of professional and technical training be set up for health professionals and technicians on the subject of fluoridation of drinking water and its medical implications, with emphasis on the prevention of this form of intoxication." p. 257

Public Health... Show Us The Science !

That Public Health should continue to be the keeper of the secrets instills little confidence. End the tradition of opinion referencing opinion. Begin the tradition of science, and only science, when addressing water fluoridation policy and practices.

Region of Waterloo Public Health still references the US Centers for Disease Control and Prevention **opinion**, "Fluoridation of drinking water is one of the ten most successful public health measures in the 20th century." Why? Health Canada recently removed this opinion from their website when they could not provide us with any science or research supporting this claim. Public Health needs to be a resource of scientific research, not misguided **opinion** on water fluoridation.

Fluoridation Benefits ???

City	Fluoride Concentration Range	% of Children With Tooth Decay	Average Fluoride Concentration (approximation only)
Kitchener	0.05 - 0.18 mg/L NATURAL	44%	0.10 mg/L *
Cambridge	0.16 - 0.36 mg/L NATURAL	33%	0.25 mg/L **
Waterloo	0.50 - 0.80 mg/L HFSA	32%	0.65 mg/L ***

Based on the 2005 and 2006 Regional data made available.

Average Fluoride Concentration Per Wells/Valves:

$$* \frac{0.09 + 0.07 + 0.18 + 0.05 + 0.12}{5} = 0.10 \text{ mg/L}$$

$$** \frac{0.25 + 0.16 + 0.24 + 0.36}{4} = 0.25 \text{ mg/L}$$

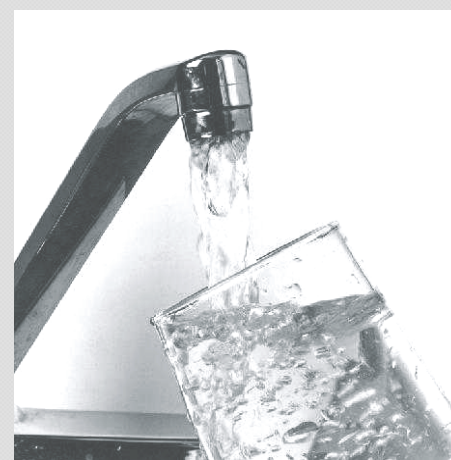
$$*** \frac{0.50 + 0.08}{2} = 0.65 \text{ mg/L}$$

Risking cancer to possibly see a reduction in dental carries is not sound professional judgment. Putting municipal water staff at risk as they work with and are exposed to hazardous hydrofluorosilicic acid is unconscionable. The risks far outweigh any purported benefits.

How do we get this stuff out of our water?

Reverse osmosis and distillation systems, although expensive, can remove fluoride from our drinking water. Other filtration methods cannot. Alternatively, we can purchase reverse osmosis or distilled (bottled) water. Or... we can simply stop fluoridating our drinking water.

YOU control the tap!



"Let's eliminate plastic waste with our water and toxic waste in our water."

waterloowatch.com