



What about informed consent?

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The fluoride debate, as the Chronicle's September 30th issue noted, "erupted in council chambers" the previous Monday.

The reported result that night was that city council "distanced itself from the issue and the upcoming vote."

Some clarity should be brought to this debate if the principle of informed consent is applied conscientiously. This principle is a medical, legal, and moral concept that should govern therapeutic practice.

The Department of Justice, Government of Canada, defines a "drug" to include any substance or mixture of substances manufactured, sold or represented for use in the diagnosis, treatment, mitigation or prevention of a disease, disorder or abnormal physical state, or its symptoms, in human beings and animals.

It is also considered a drug if it restores, corrects or modifies organic functions in human beings or animals.

The addition of a fluoride compound to a municipal water in an effort to prevent dental caries and/or restore tooth enamel is clearly the use of a drug.

The Region of Waterloo, as directed by the City of Waterloo, is adding hydrofluorosilicic acid to St. Jacobs, Elmira, parts of Kitchener, Wilmot, Woolwich townships as stated in regional public documents.

Thus, this city is mass medicating its entire citizenry, and those of some adjacent jurisdictions — notably communities that have not been informed of this use, nor been given an opportunity to consent.

In medicine, the principle of informed consent works on an individual basis — all patients in consulting a physician come expecting to be given specific information on their condition and be offered a course of treatment to which they will need to consent.

Nowhere in the practice of medicine or in the administration of drugs is mass medication employed. We would not for a moment countenance dealing with the threat of H1N1 influenza by imposing a vaccination on all citizens. Currently many health professionals describe the soaring rates of obesity as an epidemic. It would be ludicrous to propose a mass medication, say adding Lipitor to the water supply.

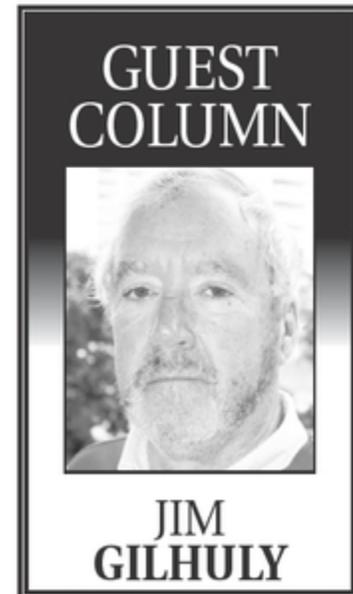
By mass medicating with fluoride, the City of Waterloo is exposing all of its citizens to the same drug with the additional faulty approach of not controlling for any difference in the individuals using this medicated water. How much water do you drink daily?

This unregulated drug is used without the patient being informed of risks, without taking a medical history of patients, and in an uncontrolled dose.

Fluoride reacts with other halogens, a chemical reaction called displacement. If fluoride circulates in your body, i. e. is not excreted, it will interfere with the iodine that is vital to a number of organs, notably the thyroid.

Those people who wish to use fluoride have ready access to this medication.

Does democracy mean a slim majority get to impose its will on others' health? And most significantly, mass medication with fluoridated water brings harmful side effects to some. Mass medication is bad medicine as it violates the essential principle of informed consent.



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