

FLUORIDATION: INEFFECTIVE AND UNSAFE

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Water Fluoridation

- ▣ There has never been a single randomized controlled study that demonstrates the effectiveness of water fluoridation.

- ▣ The landmark NIDR study of 1987
 - NO statistical difference in decay rates!

- ▣ The Science and Practice of Caries Prevention
Featherstone, J. JADA: Volume 131, Issue 7, Pages 887–899



Water Fluoridation

- ▣ Fluoride is not a nutrient nor essential for healthy teeth.
- ▣ No study has ever shown a disease state resulting from lack of fluoride... nor is any American fluoride deficient.

OTC Fluoride

Examples and Degrees of Dental Fluorosis



January 2011, EPA/HHS recommended lowering from 1.2 ppm to 0.7 ppm fluoride in tap water due to Fluorosis rate at 41% for Teenagers and Young Children. NOW mandatory.

Austin Kids



The CDC considers water fluoridation one of the Top 10 public health achievements of the 20th Century

CDC | CDC Home | Search | Health Topics A-Z

MMWRTM

Weekly

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Ten Great Public Health Achievements -- United States, 1900-1999

During the 20th century, the health and life expectancy of persons residing in the United States improved dramatically. Since 1900, the average lifespan of persons in the United States has lengthened by greater than 30 years; 25 years of this gain are attributable to advances in public health (1). To highlight these advances, MMWR will profile 10 public health achievements (see box) in a series of reports published through December 1999.

Many notable public health achievements have occurred during the 1900s, and other accomplishments could have been selected for topics for this list were based on the opportunity for prevention and the impact on death, illness, and disability in the United States by order of importance.

The first report in this series focuses on vaccination, which has resulted in the eradication of smallpox; elimination of poliomyelitis; control of measles, rubella, tetanus, diphtheria, Haemophilus influenzae type b, and other infectious diseases in the United States and world.

Ten Great Public Health Achievements -- United States, 1900-1999

Ten Great Public Health Achievements -- United States, 1900-1999

- Vaccination
- Motor-vehicle safety
- Safer workplaces
- Control of infectious diseases
- Decline in deaths from coronary heart disease and stroke
- Safer and healthier foods
- Healthier mothers and babies
- Family planning
- Fluoridation of drinking water
- Recognition of tobacco use as a health hazard

Freedom of Information Act documents show **NO**

- Toxicologists
- Diabetes experts, or...
- Anyone outside the CDC's Oral Health Division had **any** input into the agency's position.



Ten Great Public Health Achievements -- United States, 1900-1999

- In fact, the journal where the report first surfaced, “Morbidity and Mortality Weekly Report” is an in-house CDC journal – NOT peer reviewed.
- This 1999 CDC report on fluoridation was written by 2 members of the Oral Health Division of the CDC...
 - Scott Tomar – Dentist who never published on fluoridation before this
 - Susan Griffin – Economist
- Both are **not** toxicologists and are two of 30 people in the Oral Health Division. The CDC is comprised of over 14,000 people.



CDC Actual Position

- ▣ “Fluoride’s predominant effect is **post-eruptive** and topical.” CDC 2001
- ▣ We are unaware of data...about the additional protection from tooth decay that could result [from consumption of fluoridated drinking water].” CDC 2012





What does FDA say?

The FDA classifies fluoride as an.....

Unapproved Drug

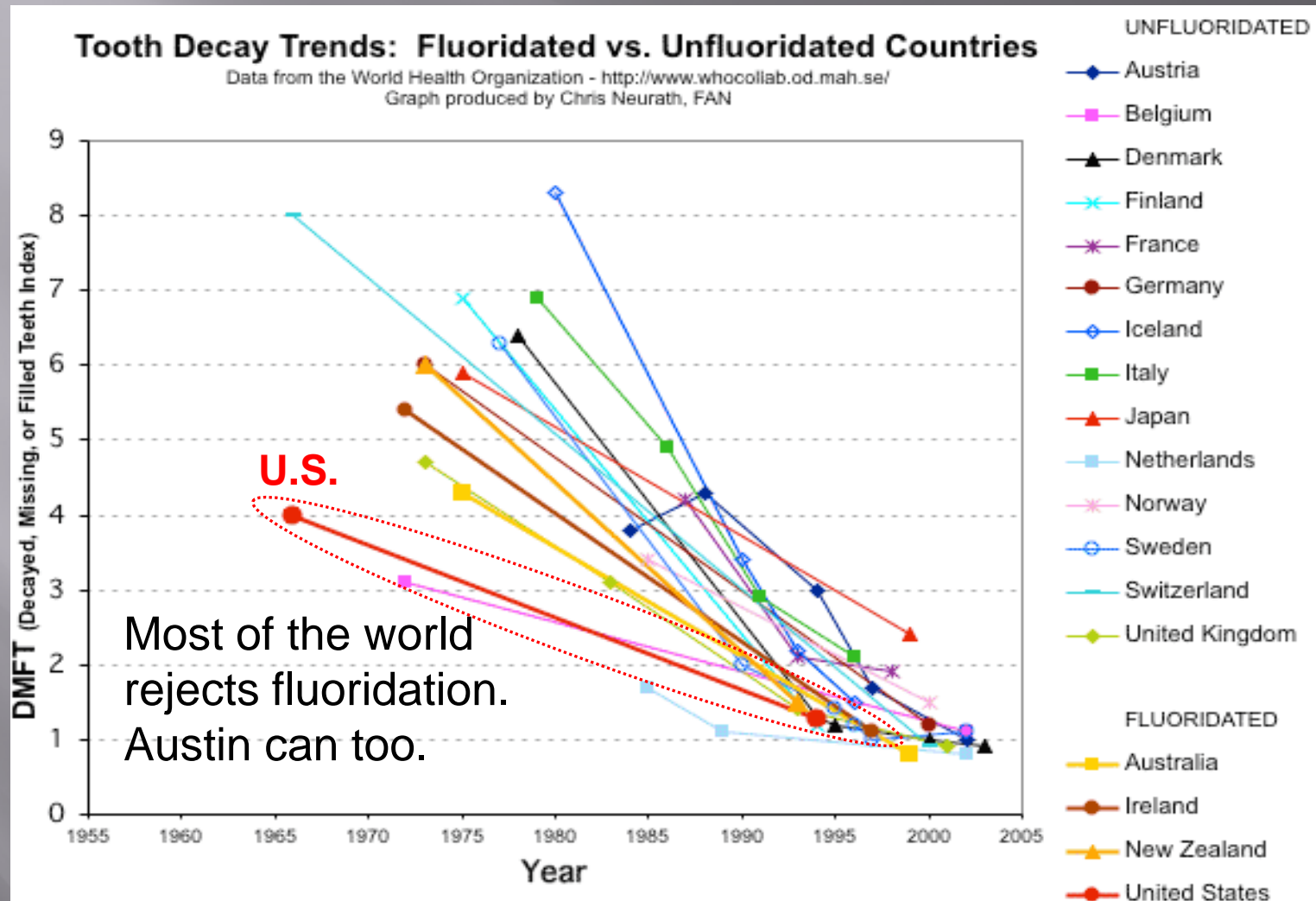
“To date, FDA has approved no fluoride-containing supplements as prescription or over-the-counter drugs.”

Robert Moore, Food & Drug Administration, November 17, 2005



World Health Organization Data (2004)

Tooth Decay Trends (12 year olds) in Fluoridated vs. Unfluoridated Countries



It is very questionable to attribute the decline in dental caries to fluoridation.

NEW “Safe” Level?

- ▣ EPA and HHS lowered the safe level of fluoride in drinking water from the 50+ year established range of 0.7 mg/L – 1.2 mg/L *down* to a maximum level of 0.7 mg/L.
- ▣ Finally admitting that we are getting *too much* fluoride from other sources.
 - 41% of adolescents with fluorosis

What about bottle-fed babies?

Human breast milk is very low in fluoride. (.004 ppm F vs .7 ppm– bottle fed baby can get greater than 175 X the level of mother's milk!)

How can you possibly control the dosage??

Warning sent to ADA members

“If liquid concentrate or powdered infant formula is the primary source of nutrition, it should be mixed with **water that is fluoride free** or contains low levels of fluoride to reduce the risk of *fluorosis*.”

November 9, 2006 ADA



City of Austin Fluoride Source H₂SiF₆ Material Safety Data Sheet, May 27, 2011



	Ingestion (Swallowing)	Corrosive. Harmful or fatal if swallowed. May cause severe irritation and burns of the mouth, throat and digestive tract.
	Signs and Symptoms:	Effects of overexposure may include severe irritation and burns of the mouth, nose, throat, respiratory and digestive tract. Symptoms of overexposure may include ulceration of the nose and throat, coughing, salivation, headache, fatigue, dizziness, nausea, shock, and pulmonary edema (accumulation of fluid around the lungs). May lead to coma or death. Onset of symptoms may be delayed.
	Cancer:	The ingredient(s) of this product is (are) not classified as carcinogenic by NTP, IARC, or OSHA.
	Target Organs:	No data available for this material (see Other Comments below).
	Developmental:	No data available for this material.
	Other Comments:	Prolonged or repeated overexposure to fluoride compounds may cause fluorosis. Fluorosis is characterized by skeletal changes, consisting of osteosclerosis (hardening or abnormal density of bone) and osteomalacia (softening of bones) and by mottled discoloration of the enamel of teeth (if exposure occurs during enamel formation). Symptoms may include bone and joint pain and limited range of motion. Conditions aggravated by exposure may include skin and respiratory (asthma-like) disorders.
	Pre-Existing Medical Conditions:	Conditions aggravated by exposure may include skin and respiratory (asthma-like) disorders.
POTENTIAL ENVIRONMENTAL EFFECTS:		
SECTION III COMPOSITION / INFORMATION ON INGREDIENTS		
FORMULA:	H ₂ SiF ₆	
COMPOSITION:	Hydrofluosilicic Acid	20-25%
	Fluoride	19%
	Water	75-80%
SECTION IV FIRST AID MEASURES		
FIRST AID PROCEDURES:	Eyes:	Immediately flush with plenty of water for at least 15 minutes. Get medical attention immediately.
	Skin:	Immediately flush with plenty of water. Remove contaminated clothing. Discard contaminated clothing properly. Get medical attention if irritation occurs or persists.

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1979 ADA Statement

“Individual dentists must be convinced that they ***not*** be familiar with scientific reports and field investigations on fluoridation to be effective participants, and that non-participation is overt neglect of personal responsibility.”

