

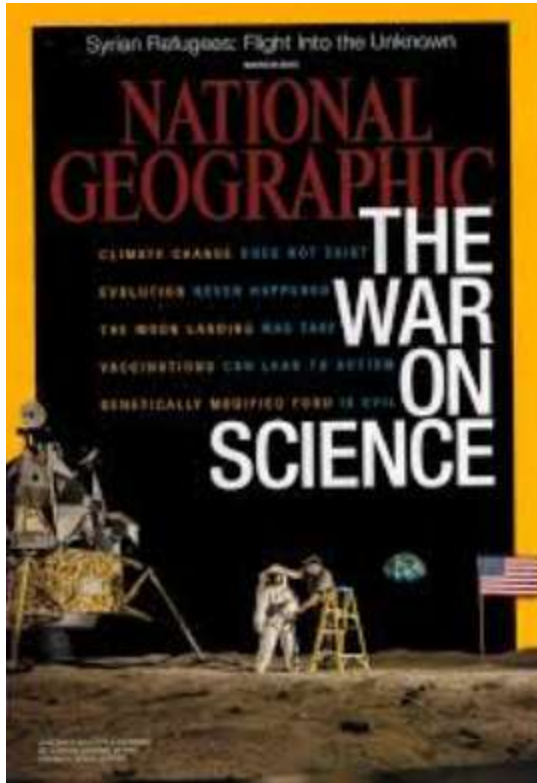
Why You Should Support Article 8

Brad Besse
South St

Everyone who is against fluoride is a loon...

March 2015 National Geographic:

“Why Do Many Reasonable People Doubt Science”



Equates people who are against fluoride as:

- conspiracy theorists
- Anti-vaxers
- science deniers similar to those who believe we faked the moon landing.
- Blamed on “Social Media” hype

This is simply NOT True!

What is Sodium Fluoride?

- **Truth:** It is an industrial waste byproduct, primarily from the phosphate fertilizer industry.

Mid 20th Century “Research Science” originally funded by:

Aluminum Company of America (ALCOA)

Aluminum Company of Canada

American Petroleum Institute

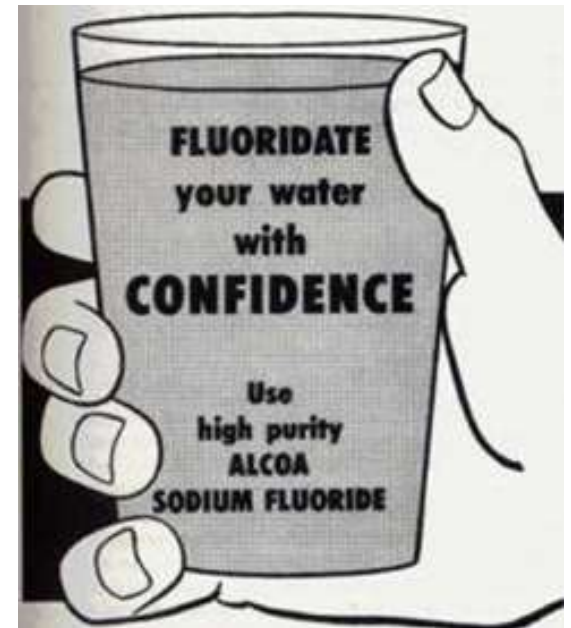
Dupont

Kaiser Aluminum

Reynolds Steel

US Steel

National Institute of Dental Research



Sodium Fluoride is NOT the naturally occurring fluoride found in many foods

What are the Benefits of Fluoride?

According to the CDC : *“Drinking fluoridated water keeps teeth strong and reduces cavities (also called “caries” or tooth decay) by about 25% in children and adults”*

<https://www.cdc.gov/fluoridation>

Other prestigious organizations agree:

ADA American Dental Association®
America's leading advocate for oral health

American Academy
of Pediatrics



What does a “25% Improvement” mean in real #'s?

- Per the WHO, the average # of DMFT (Decayed, Missing, or Filled Teeth) for Children in the USA by age 12 is:

1.19 DMFT per 12 Year Old

**With a 25% Reduction
= 0.89 DMFT (avg) per 12 Year Old**

A Difference of 0.36 Teeth per Child!

Or...~ 1/3 of a tooth per child by age 12

Similar data for Adults!

- Published benefit of 0.5 – 1 DMFT difference per lifetime!



WHO Collaborating Centre
for Education, Training and
Research in Oral health



Country/Area
Profile Project



But not all doctors and scientists agree...



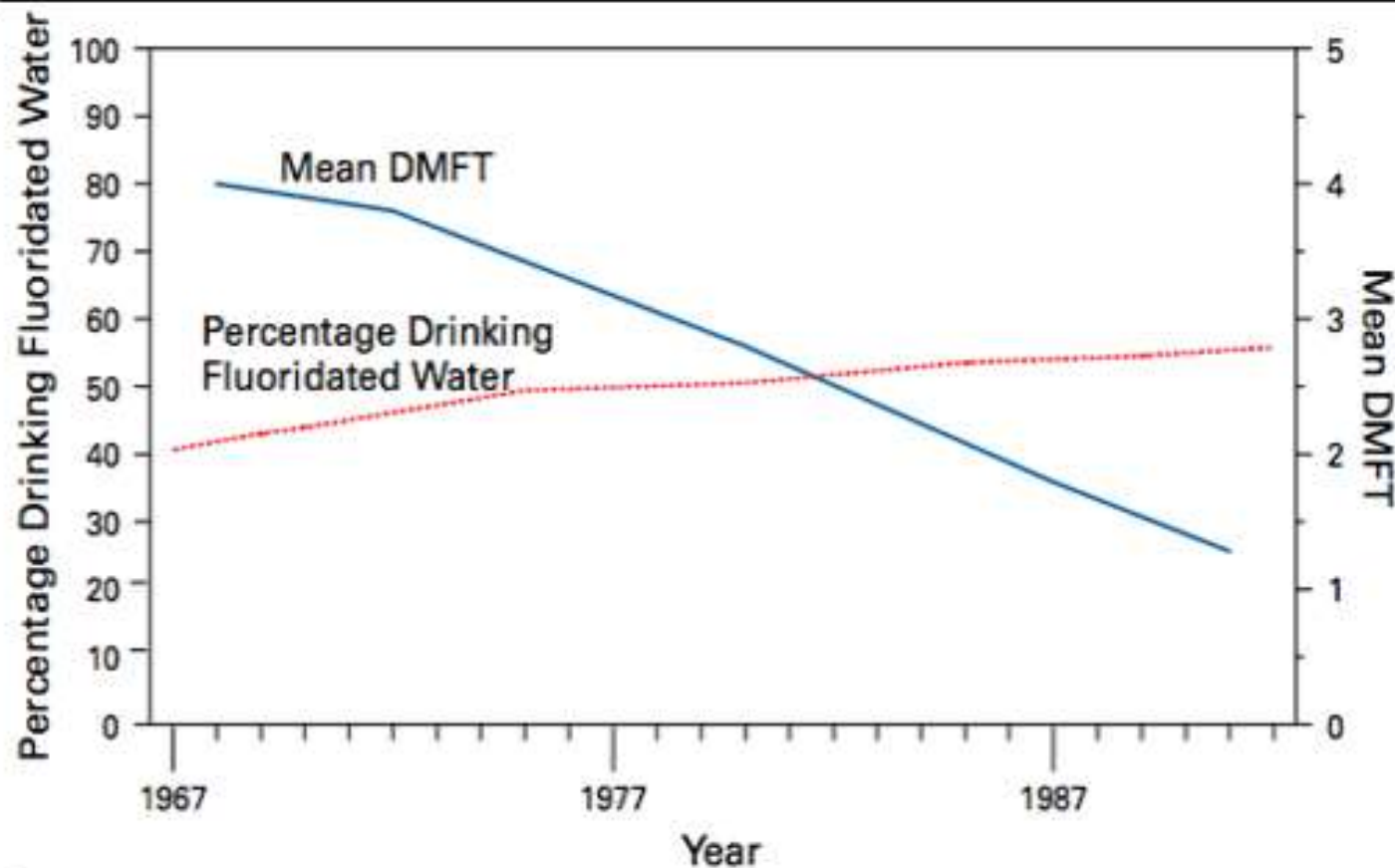
Trusted evidence.
Informed decisions.
Better health.

- **The Cochrane Report (2015) Key Findings:**

- “The available data come predominantly from studies conducted prior to 1975” (Before Fluoride Toothpaste)
- “There is very little contemporary evidence, meeting the review's inclusion criteria, that has evaluated the effectiveness of water fluoridation for the prevention of caries.”
- Water fluoridation may benefit children’s permanent teeth, with potentially a 25% improvement in DMFT
- **But...there is no impact to DMFT in adults**

http://www.cochrane.org/CD010856/ORAL_water-fluoridation-prevent-tooth-decay

CDC Data re Impact of Fluoride



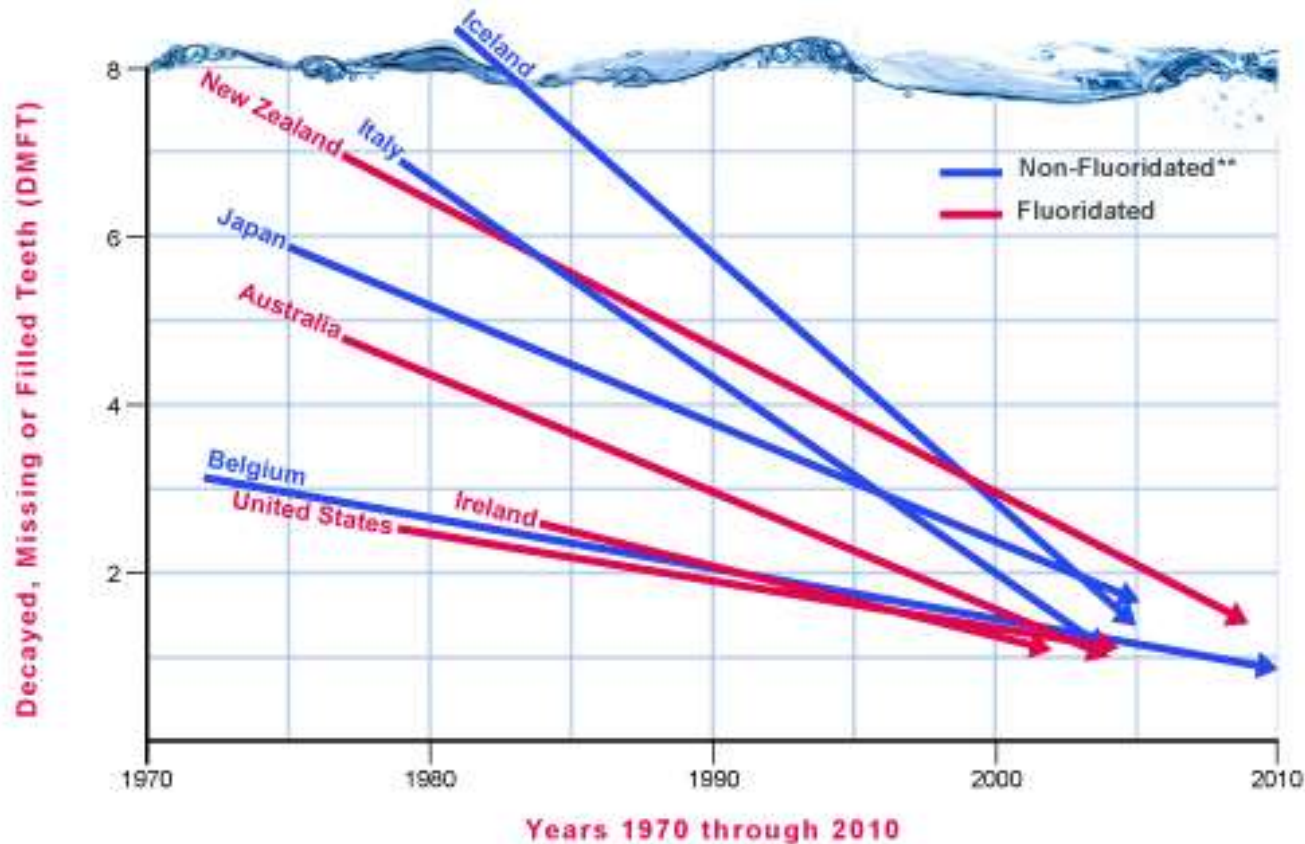
SOURCE: Centers for Disease Control (1999). Achievements in Public Health, 1900-1999: Fluoridation of Drinking Water to Prevent Dental Caries. MMWR 48:933-40.

World Health Organization Data



Tooth Decay Trends in Fluoridated and Non-Fluoridated Countries

WHO data on DMFT in 12 year olds*



* World Health Organization (WHO). Collaborating Centre for Education, Training, and Research in Oral Health, Malmö University, Sweden. <http://www.mah.se/CAPP/> (accessed June 10, 2012).

** No water or salt fluoridation.

WHO Data shows GLOBAL declines regardless if Fluoride is in Water

What about Sodium Fluoride's Risks?

- CDC, FDA, etc say it is safe
- New studies show reasons for concern



TECH & SCIENCE

Fluoridation May Not Prevent Cavities, Scientific Review Shows

BY DOUGLAS MAIN 3/10/15 AT 11:57 PM



There is little recent or high quality evidence that fluoridation reduces tooth decay, according to a new study. CHANIKO STAPLETON / REUTERS

Newsweek

TECH & SCIENCE

Water Fluoridation May Increase Risk of Underactive Thyroid Disorder

BY DOUGLAS MAIN 3/10/15 AT 11:57 PM

Newsweek

TECH & SCIENCE

WATER FLUORIDATION LINKED TO HIGHER ADHD RATES

BY DOUGLAS MAIN ON 3/10/15 AT 2:44 PM

What about Sodium Fluoride's Risks?

- British Journal of Medicine – 2015

J Epidemiol Community Health doi:10.1136/jech-2014-204971

Research report

Are fluoride levels in drinking water associated with hypothyroidism prevalence in England? A large observational study of GP practice data and fluoride levels in drinking water



S Peckham, D Lowery, S Spencer

Findings We found that higher levels of fluoride in drinking water provide a useful contribution for predicting prevalence of hypothyroidism. We found that practices located in the West Midlands (a wholly fluoridated area) are nearly twice as likely to report high hypothyroidism prevalence in comparison to Greater Manchester (non-fluoridated area).

BJM: People in Fluoridated Areas are 2x more likely to have Thyroid Disease

What about Sodium Fluoride's Risks?



SCHOOL OF PUBLIC HEALTH

Anna L. Choi,¹ Guifan Sun,² Ying Zhang,³ and Philippe Grandjean^{1,4}

Impact of fluoride on neurological development in children - July 25, 2012

- *Study found a correlation between fluoride levels and decreased IQ in children*
- *“Fluoride seems to fit in with lead, mercury, and other poisons that cause chemical brain drain,” Grandjean says.*

THE LANCET

Neurobehavioural effects of developmental toxicity

Dr Philippe Grandjean, MD , Philip J Landrigan, MD

- March 2014 - listed Fluoride as a developmental neurotoxin along with lead, arsenic, methylmercury, others

Establishment Routinely Attempts to Discredit Any New Study
“My Science is better than your Science”

Items that were once thought to be safe:

- **Lead**
- **Arsenic**
- **Various Drugs**
 - Vioxx
 - Numerous others
- **Cigarettes**



There are many examples of substances that were once thought to be safe, and were later found to be harmful

New Data Should Be Considered And Not Ignored Or Discredited

How reputable are the CDC, FDA, etc?

- Iconic reputations in the USA. Pillars of respect.
But...they often lag behind peer organizations abroad.
- Examples:
 - **Food Additives: Potassium Bromate**
 - Known class 2B Carcinogen. Proven to cause cancer in mice
 - Banned in: Europe, Argentina, Brazil, China, India, Canada, South Korea,
 - Allowed in the USA
 - **Personal Care Products:**
 - # of Harmful / Potentially Harmful Chemicals Banned

# of Chemicals Banned In Europe	# of Chemicals Banned by FDA in USA
~1,300 Chemicals	11 Chemicals

FDA: Prove that item is harmful.

Rest of World: Prove that item is safe

The Real Issue: Violation of Informed Consent

- **Informed consent** is the process by which the treating health care provider discloses appropriate information to a competent patient so that the patient may make a voluntary choice to accept or refuse treatment.
- It originates from the legal and ethical right the patient has to direct what happens to his/her body and from the ethical duty of the physician to involve the patient in his/her health care.
<https://depts.washington.edu/bioethx/topics/consent.html>
- **Merriam Webster's Definition of a Drug:** *“a substance intended for use in the diagnosis, cure, mitigation, treatment, or prevention of disease”*

Duxbury is adding the drug, Sodium Fluoride, to the public water supply in an effort to prevent or reduce the disease of tooth decay

The Real Issue #1: Violation of Informed Consent

- Adding sodium fluoride violates your right to informed consent.
- Therapy is being prescribed by people who are not doctors
- Patients are receiving doses that are not being monitored by their doctors

No other medical condition has therapy prescribed via the public water supply. It should not be done here.

True or False?

- Adding Sodium Fluoride to water is no different than adding Vitamin D to Milk, or Folic Acid to Bread.

FALSE

- Vitamin D and Folic Acid are Nutrients. Without them you would be very sick and likely die.
 - You also have the choice to purchase products without them if you so choose
- Fluoride is NOT a Nutrient per the FDA. You would live a long, healthy life if you never had it.

Real Issue #2: Violation of Freedom of Choice

- People who don't want to ingest Sodium Fluoride have no choice but to consume it once it is added to the town water
- What about water filters?
 - Sodium Fluoride cannot be easily filtered out with standard household water filters.
- What about Bottled Water?
 - Most bottled water brands are made from fluoridated water sources
 - <http://www.bottledwater.org/fluoride>

**There are plenty of ways for people to get fluoride who want it...
...but no ways to avoid it for people who don't**

Countries that don't fluoridate

97% of Europe has banned / rejected water fluoridation due to environmental, health, legal, or ethical concerns

Officials Quotes:

- **Belgium:** This water treatment has never been of use in Belgium...The main reason for that is the fundamental position of the drinking water sector that it is not its task to deliver medicinal treatment to people. This is the sole responsibility of health services." [SOURCE](#): Chr. Legros, Directeur, Belgaqua, Brussels, Belgium, February 28, 2000.
- **Denmark:** "We are pleased to inform you that according to the Danish Ministry of Environment and Energy, toxic fluorides have never been added to the public water supplies. Consequently, no Danish city has ever been fluoridated." [SOURCE](#): Klaus Werner, Royal Danish Embassy, Washington DC, December 22, 1999
- **France:** "Fluoride chemicals are not included in the list [of 'chemicals for drinking water treatment']. This is due to ethical as well as medical considerations." [SOURCE](#): Louis Sanchez, Directeur de la Protection de l'Environnement, August 25, 2000
- **Luxembourg:** "Fluoride has never been added to the public water supplies in Luxembourg. In our views, the drinking water isn't the suitable way for medicinal treatment and that people needing an addition of fluoride can decide by their own to use the most appropriate way, like the intake of fluoride tablets, to cover their [daily] needs." [SOURCE](#): Jean-Marie RIES, Head, Water Department, Administration De L'Environnement, May 3, 2000.
- Also banned in China, Japan and many many others.

Massachusetts / Plymouth County Data

- 381 Cities and Towns in Massachusetts
 - Only 140 Fluoridate their water (36.7%)
- There are 47 Public Water Systems in Plymouth County
 - Only 6 fluoridate their water
 - Duxbury
 - Pembroke
 - Scituate
 - Bridgewater
 - ½ of Hingham
 - Laurel Hill Condominiums
- None of our neighboring towns do except Pembroke.
- There is no cavity / dental disease crisis in Plymouth, Marshfield, Kingston, Hanover

Communities that have rejected fluoride

- Since 2010, there are 113 Communities in the USA that have rejected water fluoridation. These include:
 - Portland, OR (Pop: 900,000)
 - Albuquerque, NM (Pop: 500,000)
 - Bucks County, PA (Pop: 385,000)
 - Fairbanks, Alaska (Pop: 85K)

- Per a New York Times 2011 Article:

*“For decades, the issue of fluoridated water remained on the fringes. . . . But as more places, like Fairbanks and parts of Canada, take up the issue in a more measured way, it is shifting away from conspiracy and toward the mainstream. **The conclusion among these communities is that with fluoride now so widely available in toothpaste and mouthwash, there is less need to add it to water, which already has naturally occurring fluoride. Putting it in tap water, they say, is an imprecise way of distributing fluoride; how much fluoride a person gets depends on body weight and water consumed.**”* http://www.nytimes.com/2011/10/14/us/more-places-change-course-on-fluoride-in-water.html?_r=0

- Other Regions that have recently rejected Fluoridation
 - Israel (Pop: 7,900,000)
 - Numerous across Canada, UK, other regions

This issue isn't going away

- Public water has been in the news a lot this year
 - Flint Michigan



- Erin Brockovich has gotten involved

"Public drinking water is a basic human right; and its systematic use as a dispensary of a substance for medical purposes is deplorable."

https://www.facebook.com/pages/Erin-Brockovich/75960805493?fref=ts&ref=br_tf

- There are a few high-profile lawsuits in process in the USA and Canada highlighting the issue. Peel, Onatrio
- This issue will continue to come up in Duxbury

Let This Article Go To A Town-Wide Vote!

9/3/2016 Article: The Telegraph (UK)

The Telegraph

Modern life is killing our children: Cancer rate in young people up 40 per cent in 16 years

<http://www.telegraph.co.uk/science/2016/09/03/modern-life-is-killing-our-children-cancer-rate-in-young-people/>

- Majority of increase likely due to “Environmental factors” such as obesity, pesticides, solvents, radiation from mobile phones / wifi, etc
- Duxbury, #44 Cancer Rate in MA per WCVB
<http://www.wcvb.com/health/11750004>

Why Add One More Potentially Harmful Substance To Our Water?

Summary:

Why you support Article 8

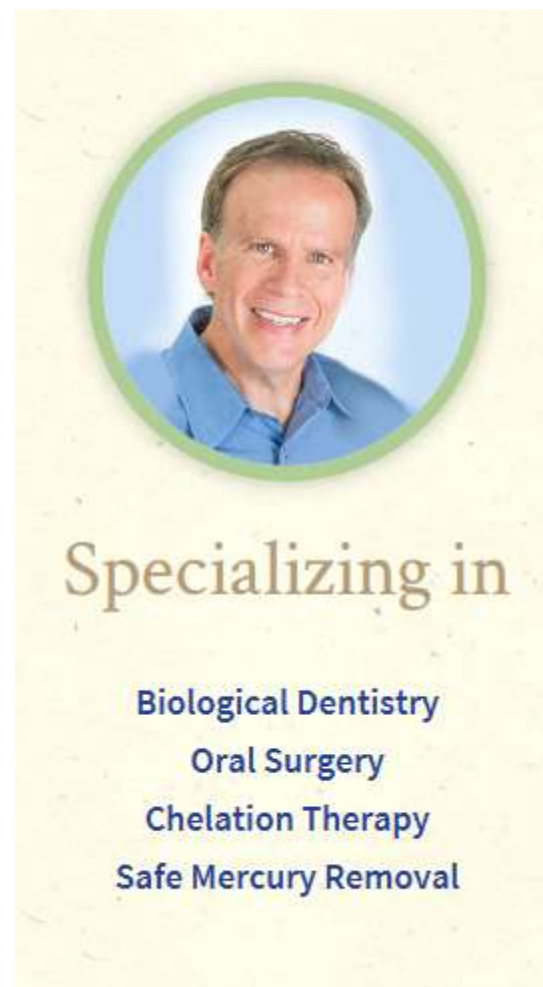
Potential Benefit	Potential Risks or Concerns
<p>A 25% Reduction in DMFT by Age 12</p> <ul style="list-style-type: none">• <u>~1/3 of a Tooth Per Child</u> by Age 12 <p>(No impact on DMFT for Adults per Cochrane Report)</p>	Industrial Waste from Fertilizer Industry
	Potential Endocrine Disruptor
	Developmental Neurotoxin
	Potential links to other illnesses
	Violates principle of informed consent
	Violates freedom of choice
	Rejected or banned by most developed, industrialized nations

Does 1/3 of a Tooth per Child Outweigh Potential Medical & Ethical Concerns?

Statement From Dr. Robert Evans, DMD



<http://www.grotonwellness.com/>



“The conventional view serves to protect us from the painful job of thinking.”

“Where there is risk, there must be choice.”

“Have the humility to address uncertainty”

9-19-2016

Town of Duxbury
Town Meeting – Fluoridation in the water

Dear Sirs/Madams,

I am writing this letter in support of all the residents of Duxbury who oppose water fluoridation. I am fortunate to live in a town (Pepperell) where the notion of adding fluoride to the drinking water, thereby mass-medicating the entire population of the town without their informed consent, has been soundly voted out. The Town of Duxbury deserves the same opportunity to vote to end the antiquated, unscientific and tragically harmful practice of water fluoridation.

Although the “Hippocratic Oath” does not specifically say “First do no harm” it says the same basic thing with the wording “I will according to my ability and judgement prescribe a regimen for the health of the sick, but I will utterly reject harm and mischief”. We need to stand behind these words and utterly reject this incredibly harmful practice of adding any chemicals to our water without proper scientific scrutiny and informed consent.

Dr J. William Hirzy, an organic chemist and senior scientist for the US EPA studying environmental risk assessment, called fluoridation, “a massive experiment that has been run on the American public, without informed consent, for over 50 years”.

Dr. Hirzy has also stated that “there are biologically plausible mechanisms described in peer-reviewed research on fluoride that can link it with fast-growing childhood problems – hyperactivity, attention deficit disorder, autism, bone fractures in young athletes and military personnel and early onset of puberty in young women”.

In 1990, 1991 and 1992, the Journal of the American Medical Association published three separate articles linking increased hip fracture rates to fluoridated areas.

Proctor and Gamble reported that as little as half the amount of fluoride used to publicly fluoridate water resulted in a sizeable and significant increase in genetic damage.

In 1993 the National Academy of Sciences admitted that up to 80% of children living in fluoridated areas have Dental Fluorosis and that Fluorosis is two times as prevalent among African/Americans and there are a number of studies showing that fluoride causes genetic damage and transforms normal cells into cancer cells.

In 2012, the Harvard School of Public Health reported a link between water fluoridation and a drop in children's IQ scores. Fluoride is toxic to brain cells in developing organisms, including human children. Even if fluoride were effective against tooth decay, shouldn't parents be given a choice? Many would surely choose to protect their children's brains, especially when there are proven, effective alternatives to water fluoridation.

First do no harm.

As of 2013, more than 42 studies have looked at and supported the association between fluoride and lower IQ scores. In addition to the negative neurodevelopmental and IQ lowering effects, fluoride may negatively affect learning and memory, create thyroid problems and, because it can cross the placenta, it may cause fetal brain damage.

Where there is risk, there must be choice.

Since 1999, the Environmental Protection Agency's union of scientists has opposed the use of fluoride in drinking water due to its neurotoxic effects.

The fluoridating agents used by many municipalities are contaminated with arsenic (a known carcinogen), lead, beryllium, mercury and other hazardous substances and neither the EPA nor the FDA has tested these agents for safety or effectiveness.

Many of our own government agencies, institutions of higher education and scientific researchers and countries around the world concur that fluoride has little or no value as a dental cavity deterrent, and stress that the possible health risks from using fluoride outweigh any possible benefit.

Xylitol and Strontium are widely available. Xylitol has been proven to prevent and even reverse tooth decay. Strontium lowers the risk of tooth decay. Unlike fluoride, neither of these has been linked with neurotoxicity or the lowering of children's IQ points.

The Precautionary Principle states that the introduction of a new product or process whose ultimate effects are disputed or unknown **should be resisted**.

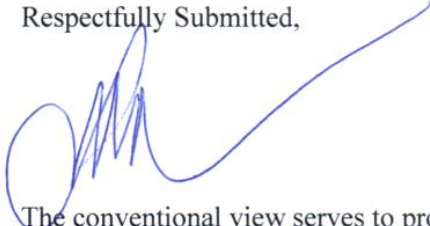
Where there is risk, there must be choice.

Even the CDC said in 2001 that "Fluoride's predominant effect is **post eruptive and topical**". And then in 2012 the CDC said that "We are unaware of data about the additional protection from tooth decay that could result from the consumption of fluoridated drinking water". And furthermore, the FDA classifies fluoride as an **Unapproved Drug**. To date the "FDA has approved no fluoride-containing supplements as prescription or over-the-counter drugs"

Dr. Charles Heyd, Past President of the American Medical Association has said "I am appalled at the prospect of using water as a vehicle for drugs. Fluoride is a corrosive poison that will produce serious effects on a long range basis. Any attempt to use water this way is deplorable".

It is long past the time to retire the dangerous practice of water fluoridation. It is ineffective mass-medication without informed consent and there is widespread availability of alternatives for controlling tooth decay. Cavities in teeth are not caused by a fluoride deficiency.

Respectfully Submitted,



The conventional view serves to protect us from the painful job of thinking.
Please have the humility to address uncertainty.

Dr. G. Robert Evans, DMD, FAGD, FID

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