

**Fluoride Over-Exposure  
Fluorosis and Thyroid Disease**

JAN 17 2013

**RECEIVED**

**Note: \* indicates a citation from a fluoridation "proponent"**

Our City Council was well intentioned when they began to artificially fluoridate our water, but they were NOT well informed.

Even before the practice of fluoridation, scientists knew fluoride over-exposure not only caused fluorosis but also disrupted thyroid function.

From the 1930s to 50s, fluoride was used to treat over-active thyroid illness. A medicine called fluorotyrosine was developed but later stopped because it resulted in many patients suffering from total thyroid failure. It was then renamed "Pardimon" and then, incredible as it sounds, marketed as a **pesticide**.

<http://www.namastepublishing.co.uk/the-effects-of-fluoride-on-the-thyroid-gland/>

Today, we are exposed to numerous fluoride-based pesticide and fumigant residues along with other fluoride sources such as: phosphate fertilizer production, aluminum smelting, uranium enrichment facilities, coal-burning and nuclear power plants, incinerators, glass etching, petroleum refining, wood preservatives, Scotch-guard, refrigerants and fluorinated pharmaceuticals.

[http://en.wikipedia.org/wiki/Fluorine#cite\\_note-vvvvvv-136](http://en.wikipedia.org/wiki/Fluorine#cite_note-vvvvvv-136) Instant tea powder has the highest detected fluoride residue – a whopping **897.72 ppm!**  
<http://www.nal.usda.gov/fnic/foodcomp/Data/Fluoride/Fluoride.html>

Eating commercially processed foods (reconstituted juices, soups, sodas, beer...) and simply bathing in fluoridated water contribute to exposure levels and let's not forget dental products, which have clear warning labels "not to swallow".

**There is no such thing as being fluoride deficient!**

According to the \*World Health Organization, fluoride is NOT considered an essential mineral element for mammals and humans.

[http://www.who.int/water\\_sanitation\\_health/dwq/en/nutoverview.pdf](http://www.who.int/water_sanitation_health/dwq/en/nutoverview.pdf)

Even fluoride promoters such as the \*American Dental Association (ADA) <http://www.ada.org/4052.aspx#reconstitute> the Center for Disease Control (CDC) [http://www.cdc.gov/fluoridation/safety/infant\\_formula.htm](http://www.cdc.gov/fluoridation/safety/infant_formula.htm) and the \*Canadian Pediatric Society (CPS) are concerned about over-exposure and caution parents about feeding fluoridated water to infants.

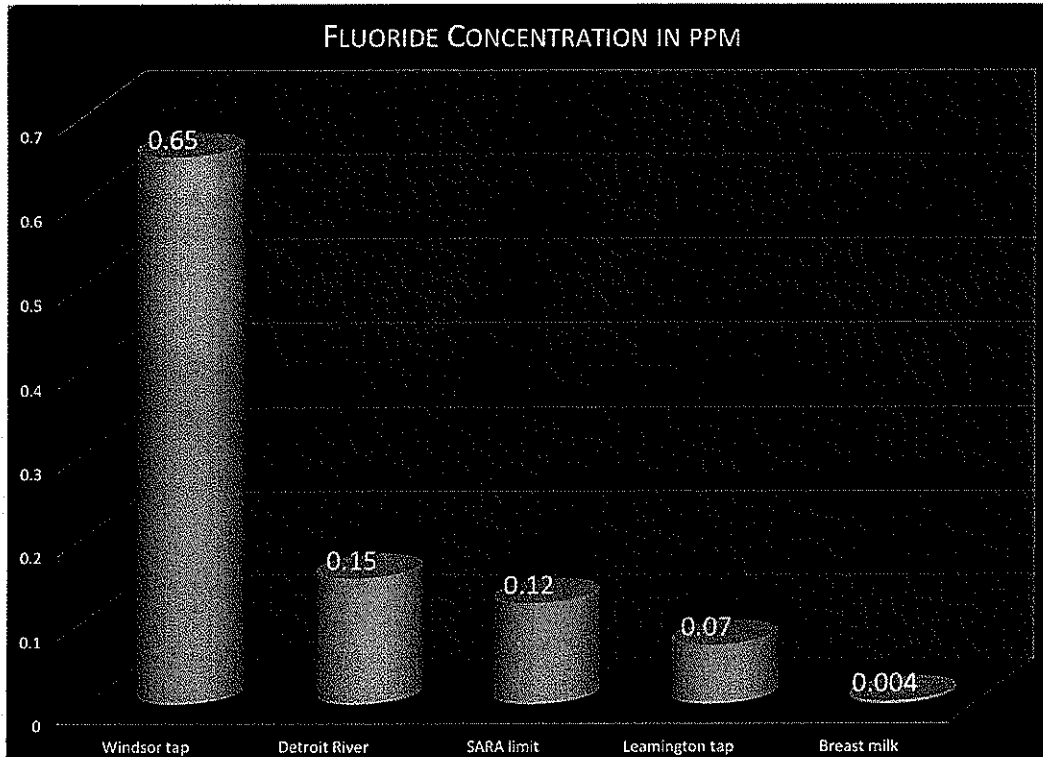
[http://www.caringforkids.cps.ca/handouts/healthy\\_teeth\\_for\\_children](http://www.caringforkids.cps.ca/handouts/healthy_teeth_for_children)

The \*Ontario Ministry of Health has a study that states, "***In Canada, actual intakes are larger than recommended intakes for formula-fed infants and those living in fluoridated communities. Efforts are required to reduce intakes among the most vulnerable age group, children aged 7 months to 4 years.***"

<http://www.health.gov.on.ca/en/common/ministry/publications/reports/fluoridation/fluoridation.aspx>

Nature designed a mother's body to filter fluoride almost completely from her breast milk. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2612944/>

The graph provided illustrates fluoride levels in breast milk compared to local water sources. **Please note, that the fluoride level in the Detroit River** (confirmed by John Stuart) **does in fact exceed the fluoride level guidelines set by the Species At Risk Act** (our public health officials claimed this was not possible.)



\*The CPS also states, "Fluoride prevents caries mainly by its topical effect ... Ingested fluoride, on the other hand, has little effect on caries, but contributes significantly to the development of fluorosis."

<http://www.cps.ca/en/documents/position/fluoride-use>

\*The CDC claims more than 40% of U.S. adolescents have dental fluorosis – a 400% increase from rates found 60 years ago.

<http://www.cdc.gov/nchs/data/databriefs/db53.htm>

Meanwhile, the drug "Synthroid," used to treat under-active thyroid disease (hypothyroidism) is now one of the top five prescribed drugs in the U.S.

<http://www.foxnews.com/health/2012/02/22/natural-alternatives-to-top-5-most-prescribed-drugs/>

Increasing rates of fluorosis and thyroid illness, can both be attributed to fluoride over-exposure. **Wouldn't stopping fluoridation be one less variable to be concerned about?**

\*The World Health Organization also states, "**where a population has a high level of dental awareness and uses toothpaste there is no need to supply fluoridated water.**" They also state "**In the assessment of the safety of a water supply with respect to the fluoride concentration, the total daily fluoride intake by the individual must be considered.**"

[http://www.who.int/water\\_sanitation\\_health/dwq/nutrientsindw.pdf](http://www.who.int/water_sanitation_health/dwq/nutrientsindw.pdf)

But our public health officials have never assessed this community. They have never taken blood or urine samples to determine what our fluoride exposures are.

Fluoridation promoters do not dispute that fluorides are bio-accumulative toxins. And they don't dispute the fact that they come from a multitude of sources – natural or otherwise.

So then how can they claim that fluoridation is safe at "recommended" levels? How do you even begin to recommend any level of a bio-accumulative toxin? And how do you control the dosage so a formula fed baby, diabetic, kidney or thyroid patient isn't consuming too much?

Several members of my family have compromised endocrine systems. How do we avoid fluoride when we are forced to drink, cook and bathe in it? I would be grateful if our public health officials stopped endorsing fluoridation and started investigating why, endocrinologists like mine have observed disproportionate numbers of thyroid diseases in Windsor compared to cities like non-fluoridated Montreal.

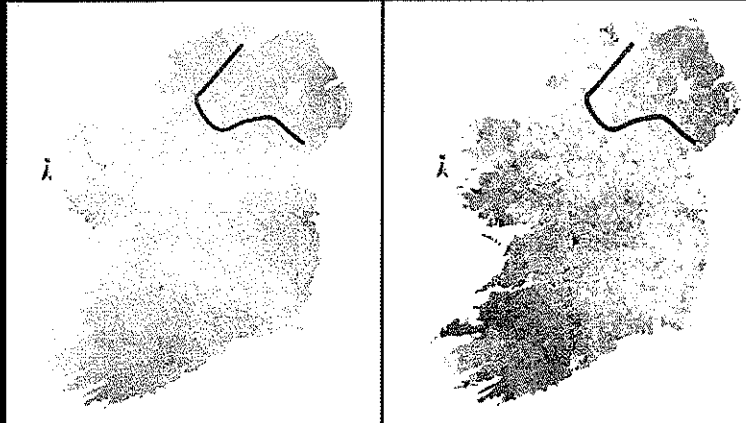
**Please also review** the graphics included in this presentation comparing cancer incidents between non-fluoridated Northern Ireland with the Republic of Ireland that is 73% fluoridated. Also included are charts and maps with CDC data that clearly demonstrate **more fluoride does not mean better oral health.**

Thank you  
Donna Mayne

## Fluoride Exposure and Cancer Incidents

# CANCER INCIDENTS

Comparing Non-Fluoridated Northern Ireland  
to Mostly-Fluoridated Republic of Ireland



Brain & Central Nervous System  
Cancer

Pancreatic Cancer: Both Sexes



Prostate Cancer

Leukaemia: Both Sexes

Relative risk: <0.50 0.50 1.00 1.50 2.00 >2.00

SOURCE: the NATIONAL CANCER REGISTRY IRELAND

[http://www.ncri.ie/atlas/atlas\\_contents.shtml](http://www.ncri.ie/atlas/atlas_contents.shtml)

**"Ireland has the highest incidence of congenital hypothyroidism in the EU"**

<http://ffwireland.blogspot.ie/2012/11/fluoride-thyroid-disorders-autism-and.html>

**August 28, 2012** "Rick North, a former state director of the American Cancer Society and a Durham resident, said *safe fluoride drinking water is a myth.*"

[http://www.oregonlive.com/tualatin/index.ssf/2012/08/tualatin\\_city\\_council\\_discuses.html](http://www.oregonlive.com/tualatin/index.ssf/2012/08/tualatin_city_council_discuses.html)

## More Fluoridation does NOT mean Better Oral Health

*"For children's dental health measures, it was found that fluoridation rates were not significantly related to the measures of either caries or overall condition of the teeth for urban or rural areas." (West Virginia University Rural Health Research Center, 2012)*

**This chart compares toothless rankings from some of the most fluoridated states to the least fluoridated – Hawaii.**

State	Percentage of Fluoridation	Loss of Natural Teeth Ranking
West Virginia	91.5%	#1 42.8%
Kentucky	99.6%	#2 38.1%
Tennessee	96.0%	#3 32.2%
Hawaii	8.4%	#50 9.6%

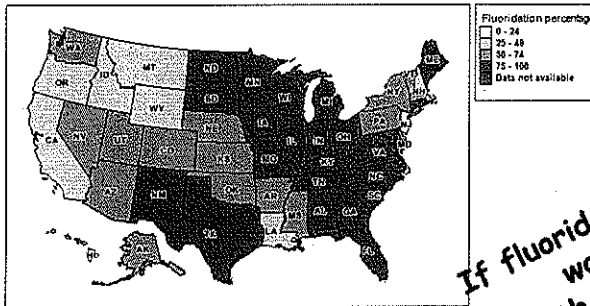
**From the CDC**, Percentage of State Population served by Public Water Systems that Receive Fluoridated Water <http://apps.nccd.cdc.gov/synopses/WaterFluoridationV.asp?Year=2005>

Loss of Natural Teeth

[http://www.statemaster.com/graph/hea\\_ora\\_hea\\_loss\\_of\\_nat\\_tee-health-oral-loss-natural-teeth/](http://www.statemaster.com/graph/hea_ora_hea_loss_of_nat_tee-health-oral-loss-natural-teeth/)

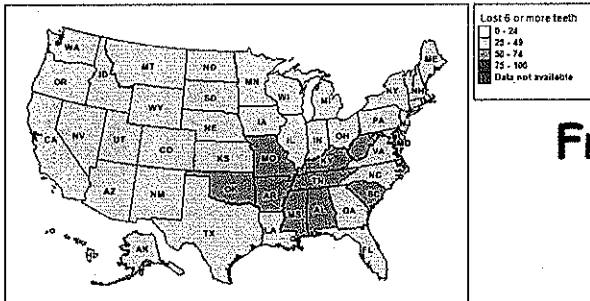
### United States

Percentage of state PWS population receiving fluoridated water - 2006



**If fluoridation is effective, wouldn't states with more fluoridation have less tooth decay or gum disease?**

2008 Percentage of adults aged 65+ who have lost six or more teeth due to tooth decay or gum disease



**FLUORIDATION FAIL!**

Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Oral Health Branch, Oral Health Maps [online]. 2012. [accessed 2012 November 1]. URL: <http://apps.nccd.cdc.gov/gsdoh/>



Department of Health and Human Services  
Centers for Disease Control and Prevention  
National Center for Chronic Disease Prevention and Health Promotion

## Supplementary Information

**Fluoride effects thyroid function** <http://fluoride-class-action.com/thyroid>

**New England Journal of Medicine** reported a 400% increase in the number of thyroid cancer cases in the years after San Francisco's began fluoridation. (Alexander MJ. Occurrence of thyroid cancer in San Francisco. *N Engl J Med* July 14, 1955; Volume 253, pp. 45-51.)

**National Research Council** In 2006, the U.S. National Research Council's scientific committee for examining the toxicity of fluoride concluded that fluoride is an endocrine disruptor. Endocrine effects include altered thyroid function or increased goiter prevalence, impaired glucose tolerance, a decrease in age at menarche in girls in fluoridated towns, and disruptions in calcium metabolism.  
<http://www.nap.edu/catalog/11571.html>

<http://tih.sagepub.com/content/25/1/49> "excessive F administration induces thyroid dysfunction in rats"

<http://ffwireland.blogspot.ie/2012/11/fluoride-thyroid-disorders-autism-and.html>  
*Ireland is the only country in EU with a policy of artificial fluoridation. Ireland also has the highest incidence of Congenital hypothyroidism in the EU with an incidence rate at almost twice that recorded in other EU countries*

<http://www.fluoridealert.org/issues/health/thyroid/>

According to the U.S. **National Research Council**, and as discussed below, there is substantial evidence that fluoride exposure can impact thyroid function in some individuals. **Fluoride Was Once Prescribed as an Anti-Thyroid Drug** When people think of fluoride being prescribed for medicinal purposes, they generally think of fluoride supplementation to reduce tooth decay. Fluoride, however, has also been prescribed as a drug to reduce the activity of the thyroid gland. Up through the 1950s, doctors in Europe and South America prescribed fluoride to reduce thyroid function in patients with over-active thyroids (hyperthyroidism). (*Merck Index 1968*). Doctors selected fluoride as a thyroid suppressant based on findings linking fluoride to goitre, and, as predicted, fluoride therapy did reduce thyroid activity in the treated patients. (McClaren 1969; Galletti 1958; May 1937). **Moreover, according to clinical research, the fluoride dose capable of reducing thyroid function was notably low – just 2 to 5 mg per day over several months. (Galletti & Joyet 1958). This dose is well within the range (1.6 to 6.6 mg/day) of what individuals living in fluoridated communities are now estimated to receive on a regular basis. (DHHS 1991).**

**EPA Fluoride in pesticides** <http://www.epa.gov/pesticides/sulfuryl-fluoride/evaluations.html> "Although sulfuryl fluoride residues in food contribute only a very small portion of total exposure to fluoride, when combined with other fluoride exposure pathways, including drinking water and toothpaste, EPA has concluded that

*the tolerance (legal residue limits on food) no longer meets the safety standard under the Federal Food, Drug, and Cosmetic Act (FFDCA) and the tolerances for sulfuryl fluoride should be withdrawn."*

**Dr. Roy Dittman, OMD, MH DM** September 3, 2012 Fluoride linked to many disorders <http://www.naturalhealth365.com/food/fluoride.html>

### **Health Canada**

Comparing fluoride exposure in fluoridated communities with non-fluoridated communities

[http://www.hc-sc.gc.ca/ewh-sent/consult/\\_2009/fluoride-fluorure/b-table-b-tableau-eng.php#tab3](http://www.hc-sc.gc.ca/ewh-sent/consult/_2009/fluoride-fluorure/b-table-b-tableau-eng.php#tab3)

**Community water fluoridation** <http://www.newmediaexplorer.org/chris/Pizzo-2007.pdf>

**Fluoride exposure** <http://fluoridation.com/fluoride.htm>

The US Agency for Toxic Substances and Disease Registry lists fluorine in their "Priority List of Hazardous Substances"

<http://www.atsdr.cdc.gov/spl/index.html>

