

Infant Exposure to Fluoride

Submitted by Jennifer Keller, London, ON

By adding hydrofluorosilic acid chemical (HFSA) to London's water supply, the city is supplementing fluoride into our diets, whereby mass medicating an entire population, dosage unknown, regardless of the age, weight, or health condition of each and every individual citizen.

A few of the numerous organizations that warn against giving infants any fluoride supplementation, INCLUDING fluoridated water include:

- American Dental Association
- Canadian Academy of Paediatric Dentistry
- U.S. Centers for Disease Control (CDC)
- National Research Council
- Canadian Paediatric Society

FACT: Infants who are primarily fed reconstituted formula mixed with tap water (0.7mgF/L) receive approximately **150 times** more fluoride than a breastfed infant.

Journal of the American Dental Association has published a study (2010 Oct;141(10):1190-201) that found increased fluorosis risk among infants who were fed infant formula reconstituted with fluoride-containing water. *"Results suggest that prevalence of mild dental fluorosis could be reduced by avoiding ingestion of large quantities of fluoride from reconstituted powdered concentrate infant formula"*.

The U.S. Centers for Disease Control and Prevention (CDC) has also followed suit, warning on their Community Water Fluoridation page that mixing powdered or liquid infant formula concentrate with fluoridated water on a regular basis may increase the chance of a child developing enamel fluorosis.

The **Canadian Paediatric Society's** Nutrition Committee made a number of recommendations and statements in their 2002 report (Paediatr Child Health 2002;7(8):569-72, Reference No. N02-01), regarding the use of fluoride supplementation. This report was well-referenced and peer reviewed. Included is the following:

- The primary mechanism of the action of fluoride in preventing tooth decay is topical.
- Because the action of fluoride is topical, **no fluoride should be given before teeth have erupted.**
- The ingestion of more than the recommended daily dose of fluoride is associated with an increased risk of dental fluorosis.

Included in this report is a table of Recommended Fluoride Considerations for Children. Infants 0 – 6mths should receive NO fluoride at all. Any child up to 6yrs shouldn't receive more than 0.5mg. (This table will be shown during my presentation).

Dosage Example:

A newborn infant fed 750mL of reconstituted formula mixed with London's fluoridated tap water would receive 0.525mg F/ day. This is the CPS recommendation for 3-6yr olds.

Risks Involved in Infant Exposure to fluoride include, but are not limited to:

- Damage in brain development (fluoride is a neurotoxin to a developing brain. Pregnant women should also try to avoid over-exposure to fluoride.)
- Dental fluorosis (white spots on teeth, a **clear** sign of bone damage)
- Impairment to thyroid function
- Increased risk of developing osteosarcoma (bone cancer) in boys. Terry Fox was afflicted with this cancer.

After numerous requests by me and others, the MLHU refuses to offer a 'recommended dosage' of fluoride for infants & children, insisting that it's not necessary to monitor fluoride intake, and that up to 1.5mg/L is safe for all citizens (regardless of age, weight, or health condition?). This is preposterous idea and statement, as no doctor is legally able to recommend any supplement or drug to an unknown patient in unknown doses, but this is what is essentially happening.

There are countless studies, reports, and recommendations by many professional organizations, as well as thousands of dentists, doctors, scientists, toxicologists, and other individual professionals that are urging to end community water fluoridation programs.

Fluoride is abundantly available in dental products, fresh fruits & vegetables, juices, soft drinks, cereal, and many common processed foods. It does not belong in our water. Dental decay rates will not rise when fluoridation ends.

An urgent appeal:

At the very least, if London's fluoridation practice doesn't stop immediately, please strongly consider putting a clear & legible WARNING on our water bills to let mothers, fathers, and families know that infant formula should NOT be mixed with fluoridated tap water. Distilled, un-fluoridated bottled, or Reverse Osmosis water should be used instead.

Health care professionals, including our Middlesex London Health Unit and their community nurses need to spread this important message to mothers and families as well.

I, as a new mother last year, was shocked to learn of all the information and recommendations about fluoride & its effects on infants. None of this information came from my own doctor nor the MLHU nurses we saw. I've researched the topic thoroughly and steadily and have not found one piece of evidence or study that demonstrated efficacy and safety when it comes to infants and fluoride consumption. I wondered why it was necessary for me to do my research, when all the information should have been provided to me? Why on earth would our own public health organizations not warn us? Luckily my son was breastfed exclusively; however I know of many mothers who weren't able to, and were extremely upset to learn the truth.

Thank you for your time and consideration in this very important health matter.