

Kevin
Welcome to real world
Systematic Reviews
Civic Works Committee - London City Council

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Dear Committee Members, + Chair Usher

Thank you for allowing me to address you this evening. My name is Dr. Drew Smith and I have been serving the London community as an orthodontist in private practice for the past 15 years. I also ~~most of you in a office, but to one~~ ~~I was asked~~ serve as an Adjunct Clinical Professor in orthodontics at the University of Western Ontario, Schulich School of Medicine and Dentistry. I am here tonight on behalf of the London and District Dental Society in my capacity as President of the LDDS. The LDDS is a component society of the Ontario Dental Association and we represent over 250 member dentists in the London area.

I would like to talk to you today about the importance and value of community water fluoridation in London and tell you that fluoride, in the right amount is both safe and effective.

Kevin, I am so sad that you are unhappy. This is not the dentists problem

Many Ontario communities, cities, towns and villages have long agreed that fluoridation of municipal drinking water is a cost-effective and economical means of preventing dental caries to everyone regardless of age or socioeconomic status.

Next to the common cold, tooth decay is the second most common disease in the world. It is also the most preventable. Evidence-based, scientific studies, have repeatedly shown that water fluoridation helps to prevent tooth decay. I have seen first hand how dental caries can create significant malocclusions, affecting a person's ability to chew; how dental caries can destroy a patient's self-image; and in extreme cases, how dental caries can lead to life-threatening infections.

The optimal level of fluoridation is .7mg/L or 7ppm. This has been determined by multiple independent, evidence based studies. It is

endorsed by the Ontario and Canadian Dental and Medical Associations, the American Medical and Dental Associations, the CDC, WHO, the Canadian Public Health Association, Alzheimer's Association, The American Association for the Advancement of Science, the American Cancer Society, and the list goes on and on and on. This represents many well respected health care leaders who have evaluated the evidence based literature / science and have drawn the same conclusion – that community water fluoridation at the appropriate level is safe, effective, beneficial and the right thing to do.

The Medical and Dental Professions are continuously examining and evaluating new evidence obtained through studies that utilize protocols that adhere to the scientific method. That is to say, our professions utilize methodologies in research that are objective, in order to reduce biased interpretations of results.

One of the concerns that arise from opponents of community water fluoridation is the potential for dental fluorosis, from mild (white flecks on the teeth) to severe (pitted or mottled enamel with brown discolouration). Let me be very clear on this, coming from an orthodontist who evaluates more teeth on an aesthetic and functional level on a daily basis ^{More} than anyone else in this audience, ^{of concern in my patient population here} dental fluorosis is not an issue in London. Please remember, that there are multiple reasons for enamel defects such as infection, medications, diet and genetics. *Pause here!*

Dental Fluorosis – developmental disturbance of dental enamel

caused by excessive exposure to high concentrations of fluoride

during tooth development. The risk of fluoride overexposure

occurs between the ages of 3 months and 8 years. In its mild forms

(most common) it is often unnoticeable.

~~Mr. [unclear]~~

I am proud that London cares enough about our citizens – all citizens – to offer community water fluoridation to our city. Water fluoridation makes fiscal sense. ~~The Centers for Disease Control and Prevention has calculated that for every dollar spent on water fluoridation, 38 dollars is saved on oral health care.~~ Community water fluoridation protects our most vulnerable – the young, the poor, the disabled and the elderly. **The dental benefits presently**

offered by our governments to address oral health issues including dental decay to our most vulnerable citizens, do not meet the current needs of our community. Removing fluoride from our drinking water will make a bad situation worse.

I would refer that question to Dr. Arlene King, as she had earlier mentioned CIVOT + the Healthy Smiles Program.

In closing, I would like to say clearly, there are simply no known health risks associated with drinking water fluoridated within the

recommended levels. Again and again, recognized research from
around the world validates this position. ^{Rest Assured} The medical and dental
professions will continue to evaluate the protocols, efficacy and
safety of this valid Public Health policy.

The London and District Dental Society agrees with Health
Canada, the ODA, the OMA, the CDA and the CMA and we
support the recommendation of the MLHU and our local health
board that community water fluoridation is safe, it is effective and
it is the right thing to do for the people of London.

Thank you for your time.

I must say, that

Tell me ~~about~~ about this