

Hello, my name is Evelyn Kooistra and I live on Guildwood Blvd. in London.

I am going to read to you a letter much of which was previously written and sent by email to Mr. Paul Hubert on two separate occasions, April 3, 2011 and again on October 25, 2011. As I did not receive a reply to either of those letters, I therefore appreciate the opportunity to present my letter once again to not just Mr. Hubert, but to all city councilors present today.

Dear Mr. Hubert (and city councilors),

I want to raise a very important issue that is of great concern to me and my family, and should be an important topic for discussion at City Hall--regarding fluoridation in our city's water.

I assume and hope that there will soon be a vote, similar to Calgary and Waterloo, within the London City Council to remove fluoride in London's water supply. Please note the following important points:

1. London's water is fluoridated with hydro fluoro silic acid which is not the pharmaceutical grade of fluoride found in toothpaste, mouthwash or at the dentist's office, but rather a MSDS- (Material Safety Data Sheet) --rated hazardous by-product of the fertilizer and phosphate industry.

2. In the article: Fluoride: Protected Pollutant or Panacea found on fluoridation.com you will read: "Despite dental pressure, 99% of western continental Europe has rejected, banned, or stopped fluoridation due to environmental, health, legal, or ethical concerns. Only about 5% of the world population is fluoridated and more than 50% of these people live in North America." Yet tooth decay rates are the same.

3. B. Hilleman who wrote the article "~~FLUORIDATION: Contention won't go away,~~" which appeared in ~~Chemical and Engineering News~~, in August 1988 said the following, and I quote: "In 1978, the West German Association of Gas & Water Experts rejected fluoridation for legal reasons and because 'the so-called optimal fluoride concentration of 1 mg per L is close to the dose at which long-term damage [to the human body] is to be expected.'" (The [] brackets were in the original article)

4. Water fluoridation was initially introduced on the basis that swallowing and ingesting fluoride might be beneficial. It is now recognized that any benefit fluoride might have is through topical exposure, not ingestion. "According to the Centers for Disease Control, fluoride's predominant effect is TOPICAL (direct contact with teeth) and *not* systemic (from ingestion)." As stated by the US *Centers for Disease Control*: "Laboratory and epi demio logic research suggests that fluoride prevents dental caries predominately after eruption of the tooth into the mouth, and its actions primarily are topical for both adults and children" (CDC, 1999, MMWR 48: 933-940).

5. Fluoridating public water is medicating without individual consent and without medical oversight to monitor fluoride dosage and health effects.

6. We drink less than 2% of our fluoridated water. The remaining 98% of hydro fluoro silic acid contaminants go right down the drain and directly into our environment as pollution. According to Dr. William Hirzy, Senior Chemist of the Environmental Protection Agency: (and I quote) "If this stuff (referring to hydrofluorosilic acid) gets into the air, it is a pollutant; if it gets into the

river, it is a pollutant, if it gets into the lake, it is a pollutant; but if it goes straight into your drinking water, it's not a pollutant. That's amazing!!"-

6. There are many known and documented health risks associated with fluoridation including, bone cancer, thyroid disruption, reduced IQ, dental fluorosis, skeletal fluorosis and many others. The World Health Organization, in their report: Fluoride in Drinking Water created in 2006 reports the following: "Skeletal fluorosis due to fluoride in drinking water has been extensively reported in many countries." This is discussed in pages 97 to 117 of the WHO report.

7. We are given warnings to not swallow fluoride at the dentist and not to swallow fluoridated toothpaste either. Does it make any sense to swallow fluoridated water? The amount of fluoride in a pea-sized amount of toothpaste is equal to the amount of fluoride in a single glass of water!!

I hope that you as city councilors will do your homework when it comes to a decision regarding fluoride in our water system. For those who would like to continue with putting fluoride in their bodies they can make the choice to receive dental fluoride treatment, drink fluoridated bottled water, use fluoridated mouthwash, toothpaste etc. or even take fluoride supplements if they so choose. Unfortunately for those of us who prefer not to put this toxic chemical into our bodies and our children's bodies, we do not have that choice. *As London citizens, we should not need to prove that our water is dangerous, instead promoters of fluoridation must prove to its citizens that our water is safe.* As we have heard tonight, there is considerable documented evidence of harm due to water fluoridation, and no apparent benefit to swallowing fluoride, the only reasonable course of action then is to end fluoridation in London's water supply.

Thank you,
Evelyn Kooistra