Mar 3, 2021

RE: Resolutions to make London a Blue Community

Dear Colleagues,

I cannot reaffirm a commitment to London's existing water bottle restrictions. Bottled water can provide an alternative to those who wish to avoid consuming the fluoride added to London drinking water. Recent research has connected the intake of fluoride by pregnant mothers and infants with lower IQ scores. This supports the theory that fluoride is a developmental neurotoxin. In support of my position, I cite five studies below. Let me also extend my gratitude to courageous researchers who are willing to investigate longstanding and aggressively held beliefs.

Sincerely,

Michael van Holst
Councillor Ward 1

2020
Fluoride exposure from infant formula and child IQ in a Canadian birth cohort

CONCLUSIONS: Exposure to increasing levels of fluoride in tap water was associated with diminished non-verbal intellectual abilities; the effect was more pronounced among formula-fed children

> Christine Till, Rivka Green, David Flora, Richard Hornung, E. Angeles Martinez-Mier, Maddy Blazer, Linda Farmus, Pierre Ayotte, Gina Muckle, Bruce Lanphear, Fluoride exposure from infant formula and child IQ in a Canadian birth cohort, Environment International, Volume 134, 2020, 105315, ISSN 0160-4120, https://doi.org/10.1016/j.envint.2019.105315.

2020
Maternal and fetal exposures to fluoride during mid-gestation among pregnant women in northern California

Conclusions**:** We found universal exposure to fluoride in pregnant women and to the fetus via the amniotic fluid. Fluoride concentrations in urine, serum, and amniotic fluid from women were positively correlated to public records of community water fluoridation. Community water fluoridation remains a major source of fluoride exposure for pregnant women living in Northern California.

> Abduweli Uyghurturk D, Goin DE, Martinez-Mier EA, Woodruff TJ, DenBesten PK. Maternal and fetal exposures to fluoride during mid-gestation among pregnant women in northern California. Environ Health. 2020 Apr 6;19(1):38. doi: 10.1186/s12940-020-00581-2. PMID: 32248806; PMCID: PMC7132865.

2019
Association Between Maternal Fluoride Exposure During Pregnancy and IQ Scores in Offspring in Canada

CONCLUSIONS AND RELEVANCE In this study, maternal exposure to higher levels of fluoride during pregnancy was associated with lower IQ scores in children aged 3 to 4 years. These findings indicate the possible need to reduce fluoride intake during pregnancy.

Green R, Lanphear B, Hornung R, et al. Association Between Maternal Fluoride Exposure During Pregnancy and IQ Scores in Offspring in Canada. *JAMA Pediatr.* 2019;173(10):940–948. doi:10.1001/jamapediatrics.2019.1729

2017

Prenatal Fluoride Exposure and Cognitive Outcomes in Children at 4 and 6–12 Years of Age in Mexico

CONCLUSIONS: In this study, higher prenatal fluoride exposure, in the general range of exposures reported for other general population samples of pregnant women and nonpregnant adults, was associated with lower scores on tests of cognitive function in the offspring at age 4 and 6–12 y.

Morteza Bashash,1 Deena Thomas,2 Howard Hu,1 E. Angeles Martinez-Mier,3 Brisa N. Sanchez,2 Niladri Basu,4 Karen E. Peterson,2,5,6 Adrienne S. Ettinger,2 Robert Wright,7 Zhenzhen Zhang,2 Yun Liu,2 Lourdes Schnaas,8 Adriana Mercado-García,9 Martha María Téllez-Rojo,9 and Mauricio Hernández-Avila9 https:// doi.org/10.1289/EHP655

2017

Fluoride supplementation (with tablets, drops, lozenges or chewing gum) in pregnant women for preventing dental caries in the primary teeth of their children

CONCLUSIONS: There is no evidence that fluoride supplements taken by women during pregnancy are effective in preventing dental caries in their offspring.

Takahashi R, Ota E, Hoshi K, Naito T, Toyoshima Y, Yuasa H, Mori R, Nango E. Fluoride supplementation (with tablets, drops, lozenges or chewing gum) in pregnant women for preventing dental caries in the primary teeth of their children. Cochrane Database Syst Rev. 2017 Oct 23;10(10):CD011850. doi: 10.1002/14651858.CD011850.pub2. PMID: 29059464; PMCID: PMC6485723.