

SENATE HEALTH & WELFARE COMMITTEE
Wednesday, February 24, 2016

ATTACHMENT 1

Good afternoon Mr. Chairman, good Senators,

My name is Regina Bayer and I live in Meridian.

I'm here today representing my husband and my self.

I want to urge you not to support HCR34.

I believe that most of the statements in the resolution are erroneous, I hope you will consider the following information.

Water fluoridation is the practice of adding industrial-grade fluoride chemicals to water for the purpose of preventing tooth decay.*1a. The Oral Health Division of the CDC does hail fluoridation as one of the top ten public health achievements of the 20th century. However, comprehensive data from the World Health Organization reveals that there is no discernible difference in tooth decay between the minority of western nations that fluoridate water and the majority that do not. In fact, tooth decay rates in many non-fluoridated countries are now as low or lower than the decay rates in fluoridated ones. *1b.

The CDC in their recommendations for using fluoride to prevent and control dental caries, in their *Mortality and Morbidity Weekly Review* (2001), says "The prevalence of dental caries in a population is not inversely related to the concentration of fluoride in enamel, and a higher concentration of enamel fluoride is not necessarily more effective in preventing caries." *2.

In short, people can have perfect teeth without consuming fluoridated water or any other fluoride product. As with teeth, no other tissue or cellular process of the body requires fluoride.

It is becoming increasingly clear, fluoridating water supplies is an outdated, unnecessary, and dangerous relic from a 1950's public health culture that viewed mass distribution of chemicals much differently than scientists do today and the practice should end, NOT be encouraged. No disease has ever been linked to a fluoride deficiency.

Unlike all other water treatment processes, fluoridation does not treat the water itself but the person consuming it. The FDA accepts that fluoride is a drug.*3. Once this drug is in the water there is no control over individual dosage. Fluoridating water is a form of medication. Fluoridation of community water systems is definitely a **FREEDOM ISSUE**. It violates an individual's right to informed consent for medical treatment. The community would be doing what no doctor can do to a single patient.*4. For this reason alone I can't understand promoting this resolution.

Fluoridation is not a safe practice, particularly for those who have health conditions that render them vulnerable to fluoride's toxic effects.

It is unethical to compromise the health of some members in a population to obtain a

purported benefit for other members-particularly in the absence of the vulnerable members' knowing consent. A growing body of evidence indicates that fluoridated water, in addition to other sources of daily fluoride exposure, can cause or contribute to a range of serious effects including arthritis, damage to the developing brain, reduced thyroid function and possibly osteosarcoma in adolescent males. *5.

It is known that fluoridated water caused severe bone disease in dialysis patients. While dialysis units now filter out the fluoride, research shows that current fluoride exposures are still resulting in dangerously high bone fluoride levels in dialysis patients and patients with other forms of kidney disease.

In the 20th century, fluoride was prescribed by a number of European doctors to reduce the activity of the thyroid gland for those suffering from hyperthyroidism. *6. With water fluoridation we are forcing people to drink a thyroid-depressing medication which could serve to promote higher levels of hypothyroidism in the population and all the subsequent problems related to this disorder including depression, fatigue, weight gain, muscle and joint pains, increased cholesterol levels, and heart disease. *7.

Some of the earliest opponents of water fluoridation were biochemists because of fluoride's known poisonous interactions with enzymes, the proteins which act as the catalysts that smoothly steer practically all of the 10,000 or so chemical reactions in the body. Dr. James Sumner who won a Nobel Prize for his work with enzymes, said in the 1950's "we ought to go slowly. Everybody knows fluorine & fluorides are very poisonous substances."

If there is any benefit from fluoride, it comes from topical contact with the teeth, not from ingestion. The CDC's Oral Health Division acknowledges this.*8. There is simply no need to swallow fluoride whether in the water or any other form. There are even known risks with using fluoride toothpaste. Terry Loftus, a spokesman for Procter & Gamble which makes Crest says "Toothpaste with fluoride is considered an over-the-counter drug. Parents should supervise their children under six when using it." In fact there is a warning on fluoride toothpaste that says if more than used for brushing is swallowed, get help or contact a Poison Control Center right away.

Fluoride has been tested on humans for the purpose of treating osteoporosis. The theory was that fluoride would strengthen bones. What the researchers found was that it did increase bone mass; however, the bone was much more brittle. Numerous studies have linked long term consumption of fluoridated water to increased risk of hip fracture. *9

Research has shown in numerous studies that fluoride is a mutagen and a carcinogen. *10

In July 1997 the National Federation of Federal Employees, the Union representing all of the scientists, toxicologists and statisticians at EPA headquarters stated that, "our member's review of the body of evidence over the last eleven years, including animal and epidemiological studies, indicate a causal link between fluoride/fluoridation and cancer, genetic damage,

neurological impairment and bone pathology. Of particular concern are recent studies linking fluoride exposure to lower I.Q. in children." *11 UNICEF, the health arm of the United Nations, warns of fluorides negative effects. In their official position statement, they state, " more and more scientists are **NOW** seriously questioning the benefits of fluoride, even in small amounts."

Another fact is that the chemicals used for fluoridation are not high purity or pharmaceutical quality products. Rather they are by-products of aluminum and fertilizer manufacturing and contain a high concentration of toxins and heavy metals such as arsenic and lead ; proven carcinogens. So-called fluoride is really fluorosilicic acid, a toxic waste byproduct of the phosphate mining industry. If it wasn't being dumped into the water supplies of major cities, it would have to be disposed of as a hazardous waste chemical under EPA rules. *12

Seldom has an issue come before the public that affects our personal health, and our personal freedom, as much as this one. When the "smoke and mirrors" of the proponents of fluoridation are cleared away by scientific evidence, it is plain that there is no justification for putting this toxic substance in our water supply.

Fluoride is a cumulative poison. Only 50% of the fluoride we ingest daily is excreted through the kidneys. The remainder accumulates in our bones, pineal gland and other tissues. If the kidney is damaged, fluoride accumulation will increase.*13

The World Health Organization states, "Dental and public health administrators should be aware of the total fluoride exposure in the population before introducing any additional fluoride programme for caries prevention." *14

As one doctor aptly stated, "No physician in his right senses would prescribe for a person he has never met, whose medical history he does not know, a substance which is intended to create bodily change, with the advice:'Take as much as you like, but you will take it for the rest of your life because some children suffer from tooth decay.' "

Dr. Charles Heyd, Past President of the AMA said, "I am appalled at the prospect of using water as a vehicle for drugs. Fluoride is a corrosive poison that will produce serious effects on a long-range basis. Any attempt to use the water this way is deplorable."

If people really want to ingest fluoride, they can do so on their own. Those of us who don't want to add it to our bodies already have a difficult time avoiding it.

Please do not put Idaho in the position of encouraging community water fluoridation.

Respectfully, I'm asking you to oppose HCR34

- *1a. Indiana State Department of Health <http://www.in.gov/isdh/24524.htm>
- *1b.. WHO Oral Health Country/Area Profile Programme Dept. of Noncommunicable Diseases Surveillance/Oral Health WHO Collaborating Center, Malmo University, Sweden
- *2. CDC (2001). Recommendations for using fluoride to prevent and control dental caries in the United States. Mortality and Morbidity Weekly Review 50 (RR14):1-42
- *3. <http://www.nlm.nih.gov/medlineplus/druginfo/meds/a682727.html>
- *4. <http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000445.htm>.
- *5. Dr. Mercola/Mercola.com-December 13, 2014
- *6. Merck Index, 1960, p. 952; Waldbott, et al., 1978, p. 163
- *7. <http://www.nlm.nih.gov/medlineplus/druginfo/meds/a682727.html>
- *8. Centers for Disease Control and Prevention (CDC, 1999)
- *9. Riggs BL, Hodson SF, O'Fallon WM, et al. Effect of Fluoride treatment on the fracture rate in post menopausal women with osteoporosis. NEJM 1990;322:802-809; Hedlund and Gallagher, 1989; Riggs et al, 1990
10. Fluorides and Oral Health, Technical Report Series 846, 1994/
- *11. Letter dated July 2, 1997 to Citizens for Safe Drinking Water
- a.) Jacobsen SJ, Goldberg J, Miles TP, Brody JA, et al. Regional variation in the incidence of hip fractures: U.S. white women aged 65 years and older. JAMA Vol 264, pp. 500-502 (1990)
- b.) Cooper C, Wickham CAC, Barker DJR, and Jacobsen SJ. Water fluoridation and hip fracture (letter). JAMA Vol. 266. pp. 513-514, 1991
- c.) Danielson C, Lyon IL, Egger M, and Goodenough GK. Hip fractures and fluoridation in Utah's elderly population. JAMA Vol. 268, pp. 746-748 (1992)
- d.) JAMA Vol. 273, pp. 775-776 (1995)
- e. Jacobsen SJ, Holdberg J, Cooper C, and Lockwood SA. The association between water fluoridation and hip fracture among white women and men aged 65 years and older: A national ecologic study. AM J Epidemiol 1992; 2:617-626
- f.) Sowers MFR, Clark MK, Jannausch ML, and Wallace RB. A prospective study of bone mineral content and fracture in communities with differential fluoride exposure. AM J Epidemiol 1991;133:649-660
- g.) Keller C. Fluorides in Drinking Water. Paper presented at the Workshop on Drinking Water Fluoride influence on Hip Fractures and Bone Health. April 10, 1991, Bethesda, MD.
- h.) May DS and Wilson MG. Hip fractures in relation to water fluoridation: an ecologic analysis. Presented at the Workshop on Drinking Water Fluoride influence on Hip Fractures and Bone Health. April 10, 1991, Bethesda, MD
- *12. <http://www.nofluoride.com/index.cfm#4reasons>
- *13 Dr. Mercola/Mercola.com-December 13, 2014
- *14 1990 Congress ordered National Toxicological Program (NTP); Marcus Memo May 1, 1990