

Fluoridated Drinking Water

Regarding Dr. Ira Kirshen's *President's Page* entitled "Ignorance is Never Bliss" (*Ontario Dentist*, September 2009) the concern is not about caries reduction resulting from drinking fluoridated water, but as informed citizens the public may object to having toxins added to drinking water. The chemical added is not 100 percent pharmaceutical grade, as this is too costly to produce; rather, it is a waste product of the fertilizer industry using phosphor rock, which contains arsenic, lead and cadmium. Toxins are **bio-accumulative, man-made and dose-related**. This definition applies to all the ingredients added to the drinking water (that is, the fluoride, as well as the heavy metals that are meant to be within acceptable limits).

I bring your readers' attention to the findings of an Ipsos Reid poll conducted on behalf of the Canadian Cancer Society from October 14 to 21, 2008. For this survey, a representative randomly selected sample of 1,002 Ontario adults was interviewed by telephone. The survey reveals that three-quarters (76 percent) of Ontarians believe there are toxic chemicals in their living environments and in the products they use every day. Furthermore, eight in 10 believe the chemicals found in their environments or products may be harmful to the health of themselves or their families. Almost all (94 percent) Ontarians say they'd "like to learn more about the presence of toxic chemicals in their environments and in the products" they use. Most Ontarians believe the Government of Ontario should consider the perceived existence of these toxic chemicals to be a "priority" issue. The Cancer Society encourages members of the public to visit www.takechargeontoxics.ca.

The Canadian Association of Physicians for the Environment, in its statement on drinking water, concludes that fluoridation is scientifically untenable and should not be part of a public health initiative or program. See www.cape.ca.

Early childhood caries is on the increase in both fluoridated and non-fluoridated areas. The latest research at the University of Manitoba has found that many children with early childhood caries had mothers with **low** levels of vitamin D3 during their second trimester, when primary teeth begin to develop and calcify. Dental caries is a multi-faceted disease. Socio-economic determinants, such as education, income, employment and social support, determine 60 percent of our health. Prevention is possible from the onset and even prior to pregnancy. Balanced nutrition with adequate calcium, magnesium and many vitamins is essential for the formation and maintenance of a healthy dental structure. Dental hygiene, eating habits and regular dental care all play a role. We all have a part to play in this problem; however, adding toxic waste to our drinking water is not the solution.

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