

December 19th, 2013

Dear Health Professional:

In keeping with the Ontario Public Health Standards, 2008, I am writing to inform all dentist, physicians and pharmacists practicing in New Tecumseth that on September 30, 2013, the New Tecumseth Council voted to cease community water fluoridation in the community of Tottenham. Thus, the fluoridation of the drinking water was stopped by the Public Works Department on October 15, 2013. This decision was made despite my strong advice to the Council to continue community water fluoridation as a means of preventing dental decay. The natural fluoride level of this water system is approximately 0.22 parts per million (ppm) which is below the optimal range (0.5 to 0.8 ppm) for the prevention of dental caries.

No water systems in New Tecumseth now have fluoride added. Alliston and Beeton, which is supplied by the Alliston Water Supply System, have never had fluoride added to their water system and have a natural fluoride level of approximately 0.22 ppm. The natural fluoride level varies in other water systems and for individual wells. To find out the fluoride level in a specific area, please contact the Public Works Department at 705-435-3900 x 1432 or 905-729-0057 x 1432.

Research has shown that everyone in the community benefits from community water fluoridation ^(1, 2) however, children of low income families are disproportionately affected by dental decay and those at risk for higher rates of decay receive the most benefit from community water fluoridation ^(3, 4). As fluoridation has ceased in Tottenham, the Simcoe Muskoka District Health Unit asks that dentists, physicians and pharmacists inform their patients of this and remind them of the evidence based recommendations to prevent dental decay:

1. Brush at least twice a day with a toothpaste containing fluoride: ⁽⁵⁾
For children younger than 7;
 - a) Brushing should be supervised; ^(5, 6)
 - b) A pea sized amount of toothpaste should be used; ⁽⁷⁾
 - c) Adolescents and children should spit out the toothpaste and not rinse. ⁽⁸⁾
2. Limit the frequency and amount of sugar intake. ⁽⁹⁾
3. Have twice a year scheduled preventive appointments for fluoride treatments with a dental practitioner. ⁽¹⁰⁾

For patient information on the prevention of tooth decay, please go to the Simcoe Muskoka District Health Unit website or click on the following link:

<http://www.simcoemuskokahealth.org/Topics/DentalHealth/PreventingDecay/Fluoridation.aspx>

❑ **Barrie:**
15 Sperling Drive
Barrie, ON
L4M 6K9
705-721-7520
FAX: 705-721-1495

❑ **Collingwood:**
280 Pretty River Pkwy.
Collingwood, ON
L9Y 4J5
705-445-0804
FAX: 705-445-6498

❑ **Cookstown:**
2-25 King Street S.
Cookstown, ON
L0L 1L0
705-458-1103
FAX: 705-458-0105

❑ **Gravenhurst:**
2-5 Pineridge Gate
Gravenhurst, ON
P1P 1Z3
705-684-9090
FAX: 705-684-9887

❑ **Huntsville:**
34 Chaffey St.
Huntsville, ON
P1H 1K1
705-789-8813
FAX: 705-789-7245

❑ **Midland:**
B-865 Hugel Ave.
Midland, ON
L4R 1X8
705-526-9324
FAX: 705-526-1513

❑ **Orillia:**
120-169 Front St. S.
Orillia, ON
L3V 4S8
705-325-9565
FAX: 705-325-2091

Please be advised that the Canadian Dental Association and the Canadian Pediatric Society have developed shared principles for when fluoride supplementation may be considered, under the supervision of a dental or health professional. These are summarized in a position statement by the Canadian Pediatric Society found at the following link:

<http://www.cps.ca/en/documents/position/fluoride-use>

Thank you for your continued support of the dental health programs provided by the Simcoe Muskoka District Health Unit.

Sincerely,

ORIGINAL Signed By:

Charles Gardner, MD, CCFP, MHSc, FRCPC
Medical Officer of Health

CG:DI:cm

References:

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