

Health **FAX**

Community Fluoridation – Your Support is Needed To Keep Fluoride in the Water

Attention: **Health Care Providers; Dentists – District of Muskoka**

Date: April 13, 2011

From: Dr. Charles Gardner, Medical Officer of Health, and Dr. Dick Ito, Public Health Dental Consultant

On April 26, 2011, the District of Muskoka Council will be considering whether or not to maintain their bylaw supporting fluoridation of the municipal water supplies. Currently, 51% of the population of the District of Muskoka has access to fluoridated drinking water including the communities of Huntsville, Bracebridge, Gravenhurst, Bala, Port Carling, Baysville and MacTier.

Drinking fluoridated water reduces tooth decay by 20% to 40% (CDC, 2005) even when other sources of fluoride (toothpaste, topical fluorides) are used. The decrease in decay is seen across all ages - children, adults, seniors and all income levels. It has also been documented that tooth decay increases in a population when fluoridation is discontinued.

Community water fluoridation adjusts the level of fluoride in water to achieve dental benefits while avoiding adverse effects. The safety of community drinking water is taken very seriously by the provincial and municipal governments, and the Simcoe Muskoka District Health Unit. Levels of fluoride added in water are carefully monitored. Optimal fluoride concentration is between 0.5 – 0.8 parts per million. The risk of dental fluorosis (discoloration of the teeth) is exceedingly low at recommended levels for water fluoridation. The weight of evidence does NOT support a link between exposure to fluoride and increased risk of the following conditions: cancer, skeletal fluorosis (brittle bones), lowering of Intelligence Quotient (IQ), bone fracture, immunotoxicity, reproductive and developmental toxicity, DNA toxicity and neurotoxicity.

We are seeking your support to continue the fluoridation of the community water systems in the District of Muskoka. Please contact your elected official indicating your support before April 26th, 2011.

Contact information for elected officials may be found at the District Of Muskoka website:
<http://www.muskoka.on.ca/siteengine/activepage.asp?PageID=67>

For further information on the effectiveness and safety of water fluoridation call **Your Health Connection** at 1-877-721-7520, or visit our website at www.simcoemuskokahealth.org.