“Optimally” Fluoridated Water Delivers Contraindicated Doses Every Single Day to the Most Vulnerable (Fetuses, Infants and Young Children, Especially in Low Income Families that Cannot Afford Unfluoridated Water) and Statements from Health Canada that contradict the agency’s support for fluoridation of municipal water

Christine Massey, M.Sc.
Health Canada on Fluoride

“Health Canada does not consider fluoride as an essential nutrient.”
http://www.oag-bvg.gc.ca/internet/English/pet_221_e_30308.html

“Fluoride supplements... Only take them if an oral health professional advises you to.”

The fluoride doses received by children from drinking fluoridated water are similar to doses in oral supplements
Statements from Health Canada on Fluoride

“The action of fluoride is **topical**.”

“No fluoride should be given before the teeth have erupted.”

“Supplemental fluoride should be given only **after 6 months of age** and only in the following conditions...”

“Supplemental fluoride should be in mouthwash, lozenges or drops diluted in water and **sprayed on the teeth**.”

Health Canada on Fluoride

Young children tend to swallow toothpaste → increased risk of dental fluorosis

Up to 3 years of age: brush with rice sized grain of fluoride toothpaste twice per day only if the child is at risk of developing cavities; if not at risk brush with water

3 - 6 years: help children brush their teeth with a pea-sized bit of fluoride toothpaste

Health Canada on Fluoride

Toothpastes with fluoride are **drugs** since fluoride prevents caries; toothpastes without fluoride are cosmetics...


Required warning on fluoride toothpaste:

“**Keep out of reach of children under 6 years of age. If a quantity greater than the dose used for brushing is accidentally swallowed, get medical help or contact a Poison Control Centre right away (FDA 1995).**”

Children <6 years & especially <2 years have poor control of swallowing reflex → increased risk for dental fluorosis

So use only a pea-sized bit of toothpaste

Supervise them and have them spit it out

One gram of toothpaste has approx. 1 mg of fluoride

A pea-sized bit of toothpaste is approx. 0.25 g toothpaste (and therefore contains approx. 0.25 mg fluoride)

https://www.cdc.gov/mmwr/preview/mmwrhtml/rr5014a1.htm
Health Canada on Dental Fluorosis: Caused by Fluoride Overexposure

“a permanent hypomineralization of tooth enamel due to fluoride-induced disruption of tooth development... in people with high exposure... occurs only when exposure to fluorides happens during tooth formation”


Public Health attitude: “Not an adverse effect”; publish fraudulent, misleading reports that hide actual prevalence
FDA & Health Canada
Require Warnings on Fluoride Toothpaste
Canadian Dental Association

“... use of fluoridated toothpaste in this age group is determined by the level of risk. Parents should consult a health professional to determine whether a child up to 3 years of age is at risk of developing tooth decay. If such a risk exists, the child’s teeth should be brushed by an adult using a minimal amount (a portion the size of a grain of rice...) of fluoridated toothpaste.

Children from 3 to 6 years of age should be assisted by an adult in brushing their teeth. Only a small amount (a portion the size of a green pea...) of fluoridated toothpaste should be used.”

https://www.cda-adc.ca/_files/position_statements/fluoride.pdf
Problem: Fluoridated Water

In fluoridated water with 0.70 mg fluoride per litre (aka 0.7 ppm)...

...each 350 ml, or 0.35 litre, of water contains:

\[ 0.35 \text{ L} \times 0.70 \text{ mg/L} = 0.245 \text{ mg fluoride} \ldots \]

...the same dose found in a pea-sized bit of F toothpaste that everyone agrees must be spit out by young children due to increased risk of dental fluorosis... and call poison control if they swallow >0.25 mg.